

SA'S LEADING FOOD MAGAZINE

FOOD & HOME

DECEMBER 2015 | R32,00 (R4,48 VAT incl.) | Other countries R28,07 (tax excl.)

ENTERTAINING

WISH-LIST GIFTS
AND GIVEAWAYS
TO WIN OVER EVERY KITCHEN FAIRY

IT'S A CELEBRATION!
MERRY MINCE-PIE MAKEOVERS AND CHRISTMAS CAKES
YOU'LL GO CRACKERS FOR

45+
CROWD-PLEASING
DISHS INSIDE

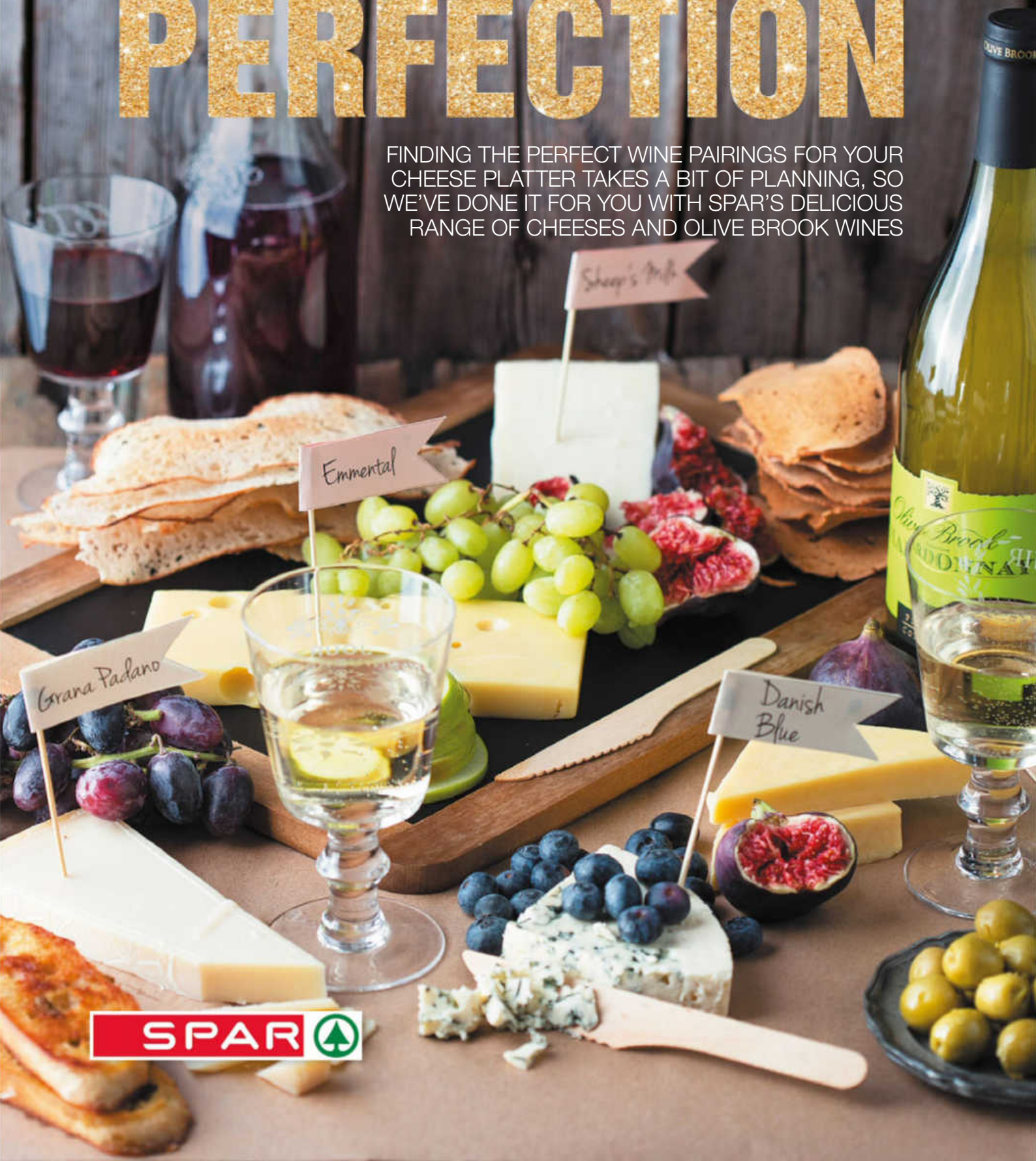
Melt-in-the-mouth meringue & gingerbread wreath
with fig & raspberry ice cream

AT PLAY IN PLETTENBERG BAY
DELICIOUS LAID-BACK DELIGHTS
FROM SA'S FAVOURITE
FUN SPOT



Pair to PERFECTION

FINDING THE PERFECT WINE PAIRINGS FOR YOUR CHEESE PLATTER TAKES A BIT OF PLANNING, SO WE'VE DONE IT FOR YOU WITH SPAR'S DELICIOUS RANGE OF CHEESES AND OLIVE BROOK WINES





Cheese loses a lot of moisture during the ageing process. This process, called affinage, results in an intensified taste, as well as raised fat and protein levels. Ageing also introduces new flavours like nuttiness and butteriness. More mature cheeses need full-bodied wines to enhance the intense flavours of the cheese. This is why **Olive Brook Pinnacle Collection Chardonnay** pairs beautifully with **SPAR Marksbury Select Grana Padano**. The Chardonnay is well structured and it enhances the buttery notes of the cheese.



Medium-aged cheeses, like **SPAR Marksbury Select Mature Cheddar**, require fruity, red wines with a smooth and silky finish to counteract the bold flavour. Serving the cheese with ripe, red berries and figs makes the combination with **Olive Brook Prestige Collection Shiraz/Cabernet Sauvignon** even more sublime. This pairing also works well with **SPAR Marksbury Select Danish Blue Cheese**, which calls for a well-balanced wine to stand up to its rich and tangy flavour.



PROMOTION

Semi-hard cheeses, like **SPAR Marksbury Select Emmentaler**, pair well with a fresh and juicy white wine, like **Olive Brook Prestige Collection Sauvignon Blanc**. The acidity and crispness of this varietal offsets to perfection the slightly sweet and nutty taste of this cheese, which has a mild and smooth mouth feel. **SPAR Marksbury Select Sheep's Milk Cheese** also complements this wine well.



Our contributors

FOOD&HOME
ENTERTAINING



Carolina Bedoya

Photographer

I was born in Colombia, where starchy vegetables, coffee and chocolate are loved. I ended up in SA after falling in love with a local. I have been in photography for 12 years and now work as a freelancer in various areas. It is said we eat with our eyes first, so food photography plays an important role in the industry. I also import Colombian chocolate and am a T-shirt enthusiast. My favourite kitchen tool is my molinillo (a traditional Colombian wood whisk). I'll munch on anything with rice!



Natalie Boruvka

Freelance journalist

For the past eight months, I've been stomping on new gastronomic ground, having previously lived in Joburg. While navigating my way through the Mother City's smorgasbord of cafés, restaurants and food markets, I find a story or two to tell along the way. Evenings see me exploring my kitchen and the contents of the fridge with a glass of red in hand. I prefer the surprise of cooking spontaneously, despite poring over my recipe books regularly.



Tara Bean

Freelance journalist and stylist

After living in NYC for the past 10 years – and working at Ralph Lauren as director of windows and interiors – I'm now back in Cape Town designing a house in Bantry Bay. The food world, in both NYC and Cape Town, is amazing, but nothing beats the summer feeling in the Mother City. Sunset drinks after a day at the beach with friends, then heading home for a braai is my perfect day. My favourite food is ceviche of fresh, local yellowfin tuna – and adding ginger to give it a kick!

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the COVER



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ON THE COVER

Melt-in-the-mouth meringue & gingerbread wreath with fig & raspberry ice cream

Recipe and styling by CLAIRE FERRANDI
Photograph by DYLAN SWART

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Five lucky readers can each win a copy of Jan Braai's latest cookbook, worth R302

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Subscribe or renew your subscription and get a festive 50% off amazing Caxton titles

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JOHANNESBURG IN ROSEBANK

One lucky reader can win a weekend pamper break for two at the Hyatt Regency Johannesburg in Rosebank, worth R30 780!



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Season's greetings

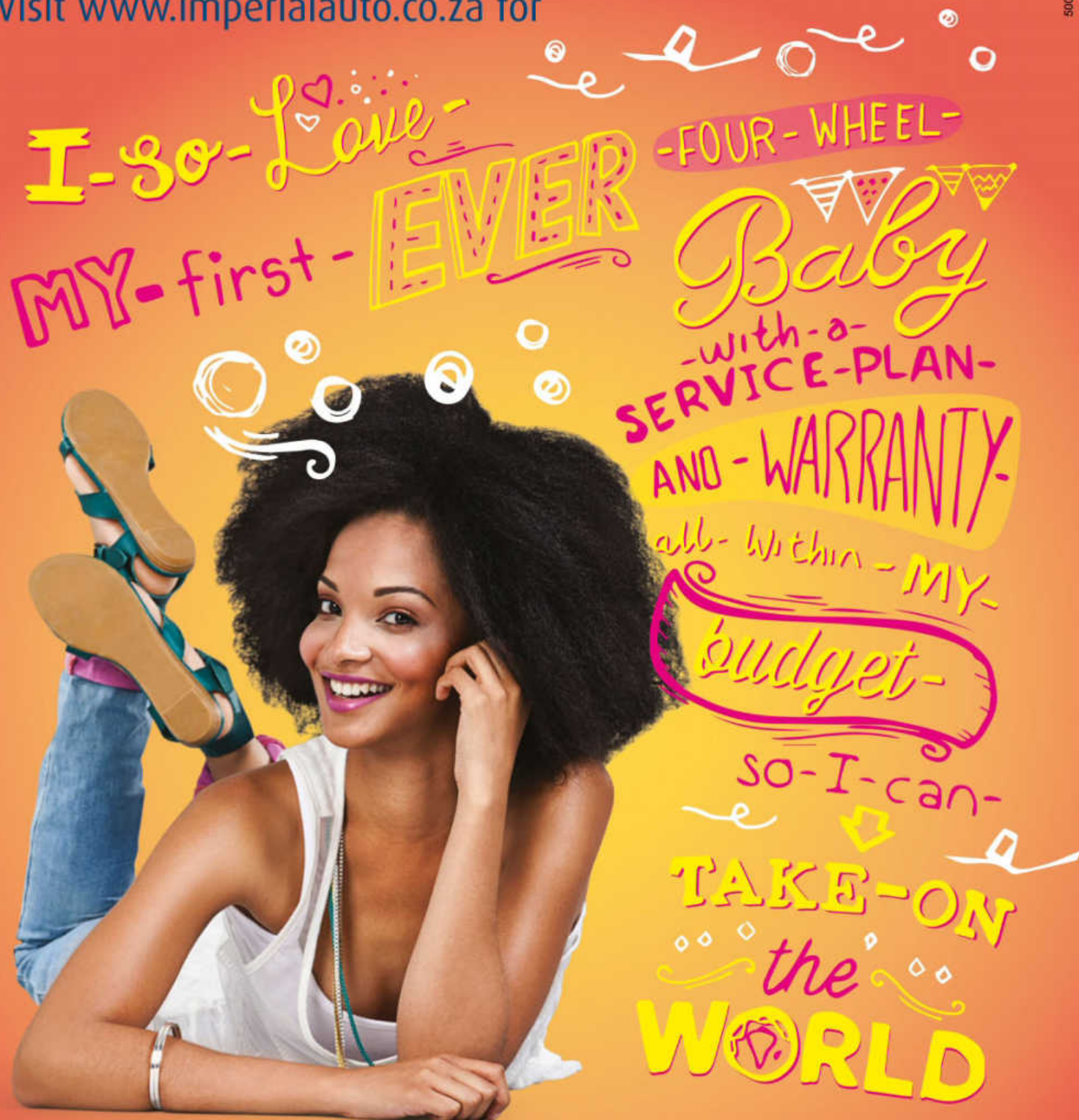
May your festive celebrations be filled with warmth, love and happiness – and fabulous fare, of course, with all of the delicious dishes we have for you in this issue! We thank you for your invaluable support in 2015 and can't wait to share with you our fresh and exciting line-up in 2016.

With best wishes and big hugs from,

Andrea SAM Claire Chevann.
Jana Zilda Lisa Yesica Nomvuselelo Taryn

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Dear Food & Home

WINNING LETTER

LOVE (OF FOOD) KNOWS NO AGE

I wonder if I am your oldest reader? I am 94 years of age. I do not say 'old', as I believe there are no old people – only young people who have lived a long time... and I certainly have! Long enough to be a great grandfather. We live on a farm in the Namib Desert in Namibia. I have just read my first issue of *F&HE*, which my daughter bought, and I certainly find your magazine very entertaining! I look forward to settling down in my easy chair with a glass of red wine (this is supposed to be good for my ageing arteries) and let my fingers do the walking through the pages of the articles and recipes of what I am sure will become my favourite magazine.

I enjoy cooking, especially Asian- and Thai food, which I do in a Chinese wok. If I was allowed only one pot, it would certainly be a wok – it is so practical that its shape has not changed over thousands of years.

We have just eaten a slow-cooked pork leg made on a traditional Namibian braai called a rocket – the meat was pulling away from the bone. Delicious!

Leon van Blerk, Namibia

MEANT FOR SHARING

A call from a friend pulled me out of my indulgently dozy, post Sunday-lunch state.

"Let's have sundowners at my house at five," she said.

I grabbed my October issue of *F&HE* and opened it on page 53. Courgette frittata it will be, I thought as I happily headed for the kitchen. It was quick and easy to prepare and voted 'scrumptiously moreish' by all! Thank you, *F&HE*, not only for a superb magazine, but for a friend and companion I look forward to every month. It always arrives as a welcome hug for my soul.

Penny Dickson, Zinkwazi



WHAT WE'RE LOVING ON Instagram

FEAST YOUR EYES ON THESE CLEVER AND COLOURFUL FOOD AND DECOR PROFILES



@abeautifulmess



Two sisters, Elsie and Emma, along with a team of creative, quirky and talented individuals, have come together to create a web page that doesn't miss a beat. Their Instagram feed is a combo of everything they do on a daily basis – their section on Christmas DIYs is a must-see.



@savorhome



Pretty and plush! Tiffany Scales has created an Instagram account to make you drool. From her gorgeous table settings to her deluxe desserts, indulge in her feed for both foodie- and decor inspiration. We can't stop swooning over her exquisitely styled shots too!



@mooncanyon



Follow Kristen Caissie as she takes you into her fantasy world of blooms and floral bundles. Kristen finds her inspiration from the world outdoors, creating a magical and wild feed that anyone can appreciate and love. There are some beautiful ideas for fresh summer dishes...



ONLINE NOW!

TO DOWNLOAD THE LATEST ISSUE OF F&HE ONTO YOUR TABLET OR PC, GO TO FOODANDHOME.CO.ZA/SUBSCRIBE. DIGITAL AND SUBSCRIBE TO 12 ISSUES FOR R161,90 – JUST R13,49 AN ISSUE. WHAT A BARGAIN!



Remember to sign up for our newsletter at foodandhome.co.za. Packed with juicy news from our latest issue and divine giveaway goodies, it's the perfect pick-me-up!



Write to F&HE and share your food experiences. Email foodhome@caxton.co.za. F&HE reserves the right to edit letters and award prizes based on merit.

Canon

WIN!

Next month's winning letter will receive this pocketable PowerShot S200 from Canon, worth R3 399. The PowerShot S200 delivers stunning image quality and easy access to manual settings in a modern, pocketable design – with a host of creative features for those seeking their next step in photography. Combining an ultra-wide angle bright f/2.0 lens, a higher-sensitivity 10.1 Megapixel CCD sensor and a PureColor II G screen with tempered-glass layer, the PowerShot S200 lets you capture the moments meant to last a lifetime and relive the experiences again and again with high-quality images. Share your favourite shots on social networks with its integrated Wi-Fi or conveniently back up your images to cloud services, including Flickr and Google Drive™.



ELVIN
Slimsy



Light on calories. Full-on taste.

The low-calorie squash.

COVER
DISH

*Melt-in-the-mouth meringue & gingerbread wreath
with fig & raspberry ice cream*

“This is lighter than traditional Christmas desserts and there’s something for everyone – those who prefer just fruit and those who prefer more indulgence in the form of ice cream, gingerbread and meringue.”

Recipe and styling by CLAIRE FERRANDI
Assisted by NOMVUSELELO MNCUBE
Photograph by DYLAN SWART

Melt-in-the-mouth meringue & gingerbread wreath with fig & raspberry ice cream

I'll be assembling a few of these as Christmas-table centrepieces before dinner starts, and scooping on some ice cream when it's time for dessert
Serves 6 **A LITTLE EFFORT** 1 hr + 1 hr, to cool and 4 hrs or overnight, to freeze

THE FLAVOUR COMBINATIONS FIG & RASPBERRY ICE CREAM

300ml double-thick cream
300ml full-cream milk
120g castor sugar
3 egg yolks
10ml (2 tsp) vanilla essence
pinch salt
100g raspberries, blitzed together with 1 fig to a purée

GINGERBREAD

butter, to grease
190g cake flour
2,5ml (½ tsp) bicarbonate of soda
2,5ml (½ tsp) ground ginger
2,5ml (½ tsp) ground cinnamon
1,25ml (¼ tsp) ground allspice
pinch ground cloves
pinch salt
60g butter, softened
70g demerara sugar
zest of 1 lemon
125ml (½ cup) molasses
5ml (1 tsp) apple cider vinegar
125ml (½ cup) boiling water

TO SERVE

6 shop-bought meringues, roughly crushed
10 strawberries, some left whole and others halved
125g fresh raspberries
small handful blueberries, dusted in edible gold dust
3 fresh figs, some halved and others quartered
small handful fresh mint leaves
50g roasted and salted almonds
edible gold leaf (optional)

HOW TO DO IT

1 For the ice cream, pour the cream, milk and half of the castor sugar into a medium pot. Heat over medium heat

until just before boiling point. Remove from heat and set aside for a moment.

2 Place the egg yolks in a bowl with the remaining castor sugar and beat until thick and pale.

3 Pour the warm cream mixture into the egg yolks and beat to combine. Return the mixture to the pot and cook over very low heat, stirring continuously, until the custard coats the back of a wooden spoon. Ensure it doesn't boil – if it is about to boil, remove from heat and stir continuously, then return to the heat.

4 Combine the custard with the vanilla essence, salt and fruit purée. Refrigerate to cool, about 1 hour.

5 Once the mixture has cooled, churn in an ice-cream maker according to manufacturer's instructions.

Alternatively, if an ice-cream maker is not available, place the mixture in a freezer-proof container in the freezer and whisk every hour to break up any ice crystals that may form, until frozen.

6 For the gingerbread, preheat the oven to 180°C. Grease a 20cm-square baking tin with butter and line the base.

7 Sift together the flour, bicarbonate of soda, spices and salt.

8 Using an electric beater, cream the 60g butter and demerara sugar together until light and fluffy. Beat in the lemon zest. Gradually add the flour mixture and beat until smooth.

9 Combine the molasses, vinegar and boiling water in a bowl and mix well. Gradually stir this mixture into the batter. Pour the batter into the prepared baking tin and bake in the oven until a skewer inserted into the centre comes out clean, 30 – 35 minutes. Remove from oven and allow the gingerbread to cool completely, before slicing in half through the middle. Cut into star shapes using a star cutter or break into chunks.

10 You can either assemble your wreath on a large platter or form smaller wreaths on 6 individual plates. Place either star cut-outs or chunks of gingerbread in a wreath formation. Next, add the crushed-meringue pieces, strawberries, raspberries, golden blueberries, figs and mint leaves to complete the wreath shape. If desired, press edible gold leaf onto the almonds and arrange on the wreath.

11 Remove the ice cream from the freezer 10 minutes before serving. Just before serving, top the wreath with scoops of softened ice cream (large scoops on a large wreath and smaller scoops made using a melon baller for individual servings).

COOK'S TIP

If you're pressed for time, simply buy a pre-made gingerbread loaf instead of making your own.

EAT
the
COVER

TURN THE PAGE TO
DISCOVER WHERE YOU
CAN EAT OUR COVER
DISH THIS MONTH

EAT the COVER

INDULGE IN SOME CHRISTMAS CHEER AND
DIG INTO OUR MELT-IN-THE-MOUTH
MERINGUE & GINGERBREAD WREATH
WITH FIG & RASPBERRY ICE CREAM



Come and enjoy a day in the country at The Franschhoek Cellar, a stylishly renovated historic landmark (circa 1920), where you can taste several different wine ranges under one roof, enjoy a bite to eat on the shady lawns, and relax and soak up the stunning vineyard-, valley- and mountain views. The cuisine is wholesome, hearty and delicious! Expect artisanal food using home-grown ingredients and fresh produce from local markets and suppliers in the valley.

BOOKINGS: 021-876-2086;
fhcellardoor@dgb.co.za

Jenda brings a new dimension of comfort and relaxed dining to Montecasino and is perfect for leisurely social evenings, especially pre- or post-theatre shows. The restaurant features several unique spaces and the menu includes 'small plates for sharing', offering a range of delectable snack foods for the South African palate. Jenda also boasts an à la carte menu, which offers a variety of meat, fish and salad options.

BOOKINGS: 011-510-7471;
montecasino.jenda@tsogosun.com

Afro-Boer Baker's Café has been open for just over two years and is happily feeding daytime patrons with breakfasts, lunches, salads, comforting meals, and a variety of cake selections from their display counter. Everything served here is made on the premises, by hand, ranging from breads, rusks, cookies, biscotti and jams, to cordials, syrups, baked goods, and even an array of Banting-friendly products. They serve a single-origin coffee, the Kilimanjaro from Tanzania, and their tea is sourced from Satemwa, the last remaining artisanal tea farm in Malawi, which still hand-harvests and hand-mixes the leaves. Reservations are limited, and the rest offered on a first-come-first-serve basis.

BOOKINGS: 012-807-3099;
info@afroboer.co.za



Executive
chef Jerry
Kennedy

**THE FRANSCHHOEK
CELLAR, FRANSCHHOEK**



Executive
chef Kenneth
Ngubane

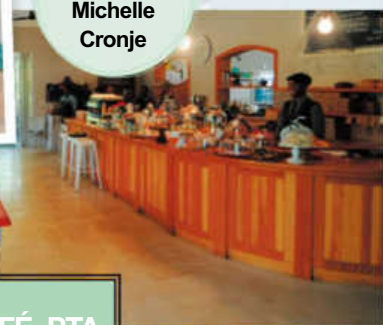
JENDA, JHB



Chef-
patronne
Michelle
Cronje



**AFRO-BOER
BAKER'S CAFÉ, PTA**



Our December cover dish will be served at the above restaurants from
Monday 9 November – Thursday 31 December 2015.

foodbites

news • trends • shopping • restaurants • decor • products • time savers

Trending: Kolache

Recipe and styling by CLAIRE FERRANDI

Assisted by NÓMVUSELELO MNCUBE

Photographs by DYLAN SWART



Trending

Kolache

Kolache are pastries that hold dollops of fruit rimmed by puffy pillows of dough. Originating as a semi-sweet wedding dessert in Central Europe, the kolach has become popular in parts of the United States. We're hoping SA catches on to this trend soon but, for now, you'll have to make them at home!

Kolache with three fruit fillings

Makes about 20 small kolache

A LITTLE EFFORT 1 hr + 3 hrs, to rise

THE FLAVOUR COMBINATIONS

7g dried yeast
300ml warm milk
115g butter, melted
2 eggs, beaten
5ml (1 tsp) vanilla essence
zest of ½ lemon
110g castor sugar
pinch salt
500g cake flour
egg wash, to brush

LEMON CURD AND POPPY SEED FILLING

lemon curd, to fill
poppy seeds, to sprinkle

ROASTED STRAWBERRIES AND BLACK PEPPER FILLING

sliced strawberries, roasted in a little butter and castor sugar in a 180°C oven for 20 minutes, to fill

freshly ground black pepper, to sprinkle

ROASTED FIGS AND WALNUT FILLING

quartered figs, roasted in a little butter and castor sugar in a 180°C oven for 20 minutes, to fill
small handful toasted walnuts, roughly chopped, to sprinkle
icing sugar, to dust

HOW TO DO IT

- 1 In a large bowl, combine the yeast, milk, melted butter, eggs, vanilla essence and lemon zest. Beat well to combine, 5 minutes.
- 2 Sift the castor sugar, salt and cake flour together. Gradually incorporate the dry ingredients into the wet ingredients to form a soft, but not sticky dough that should be easily workable. On a lightly floured surface or in a mixer fitted with a dough hook, knead the dough until smooth and springy, about 10 minutes.
- 3 Place in a lightly oiled bowl and cover

with a damp tea towel. Allow to rise in a warm place until double in size, about 2 hours.

4 Punch down the dough and knead briefly. Roll out on a floured surface to 1cm thickness and cut into 5cm rounds. Reroll the scraps. Place the rounds on a piece of greased wax paper on a baking tray. Cover the rounds with a damp tea towel and allow to rise, 1 hour and 30 minutes.

5 Preheat the oven to 180°C. When the dough has risen, gently press your thumb into the centre to make a hollow. Brush with egg wash.

6 Bake in the oven until golden and risen, 20 – 25 minutes.

7 Allow to cool a little. Fill one third of the pastries with lemon curd and sprinkle with poppy seeds. Fill another third with roasted strawberries and a crack of black pepper. Fill the final third with roasted figs. Sprinkle with walnuts and finish with a dusting of icing sugar.



Dapper-mint

INSPIRED BY NATURE,
WE ARE LOVING
THIS SUMMER'S
HOTTEST HUE

◀ 'Delicious Green' placemat,
R90, 'Balloons' tea towel,
R180, alovesupreme.co.za

Light green dotted melamine
platter, R199, home.co.za
(wire flower, stylist's own)

Wallpaper is a wonderful way
to update a room by creating
a feature wall. We love this
pretty floral print (G0 755 GL)
from decorland.co.za at R600
for a 53cm x 10m roll.

crisp!

SMEG Retro Pastel
Green kettle (1,7L),
R1 899, home.co.za



Cool Mint jug (22cm), R420, lecreuset.co.za





Q&A

We chat to Ryan Stewart (left) and Brett Michielin (right), who are firm friends and hands-on owners of Mo-Zam-Bik, an award-winning restaurant chain. Plus, we bag their prawn-marinade recipe...

How many branches of Mo-Zam-Bik are there? Seven Mo-Zam-Bik stores across Natal and Gauteng and the first Mo-Zo's Fast Foods opened just over a year ago in Randpark Ridge, Joburg.

Mozambican- and Portuguese cuisine hold a special place in South African hearts. Why?

The Portuguese were the first Europeans to round the Cape of Good Hope and set foot on South African soil in the 15th century. With the colonisation of Angola and Mozambique, it introduced African influences like bird's eye chilli.

The cornerstones of the Mo-Zam-Bik philosophy? Providing the customer with the best-quality food available. And concerning service, we try to be the number-one choice in restaurant brands.

Describe the vibe at Mo-Zam-Bik and what do you recommend on the menu? All Mo-Zam-Bik stores have a laid-back atmosphere and phenomenal service. Our speciality dishes include prawn bilene, trinchado and chicken livers – each recipe contains a secret ingredient and took us years to perfect.

Plans for the future? We aim to franchise 25 more stores across SA and 50 Mo-Zo's Fast Foods. And we're soon to open a Mo-Zam-Bik in California, USA! mozambik.co.za

GET YOUR MO-ZO on!



Mo-Zam-Bik Porto prawns

Serves 2 **EASY** 45 mins

THE FLAVOUR COMBINATIONS MARINADE

125ml (½ cup) beer (we recommend 2M Mozambique beer, available at bottle stores)

50ml olive oil

22,5ml (1½ tbsp) fresh garlic, peeled and finely chopped

75ml freshly squeezed lemon juice

15ml (1 tbsp) fresh green chilli, finely chopped

15ml (1 tbsp) spring onion, finely chopped

30ml (2 tbsp) fresh coriander, finely chopped (optional)

30ml (2 tbsp) fish spice (alternatively, you can buy our special Mo-Zo Spice, available at any Mo-Zam-Bik)

6 queen/medium Deep Sea

Mozambique wild prawns

melted butter, to drizzle (optional)

salt and freshly ground black pepper, to taste

HOW TO DO IT

1 For the marinade, place the beer, olive oil, garlic and lemon juice in

a bowl. Add the chilli, spring onion, coriander and fish spice and stir to combine. Place the mixture in a blender and blitz for 1 minute.

2 Place the prawns in a dish and pour over the marinade. Refrigerate to marinate, 10 minutes.

3 Prepare your braai over hot coals, or heat a pan to smoking hot.

4 If braaiing, wrap the prawn heads in foil to keep them from burning on the open flame. Place the prawns in a folding grid, meat side down, and place the grid on the braai until the prawns are no longer opaque and the shells turn orange, 7 – 10 minutes. Turn the prawns, baste with the marinade and cook for 5 minutes. Cooking times vary depending on the braai heat and prawn size.

5 If using a pan, cook until the prawns are no longer opaque and the shells turn orange, about 3 minutes on each side. Baste before turning.

6 If you prefer more of a 'smoky' taste, drizzle melted butter over the prawns before turning.

7 Remove the prawns from the heat. Drizzle with butter and season to taste before serving.

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Restaurant



BLOGGER OF THE MONTH *rocketandsquash.com*

ED SMITH IS A FOOD WRITER, EATER AND TRAINED CHEF WHO REGULARLY CONTRIBUTES TO VARIOUS ONLINE- AND PRINT MAGAZINES. RECENTLY NAMED 'BEST ONLINE RESTAURANT WRITER' AT THE 2015 FORTNUM & MASON FOOD & DRINK AWARDS, HIS BLOG OFFERS WONDERFUL INSIGHT INTO WHAT'S HOT ON THE BRITISH FOOD SCENE

Cooking has been part of my life and my family's from an early age –

probably before I was 10, when I realised that, if I helped Mum with the Sunday lunch, I didn't have to wash up.

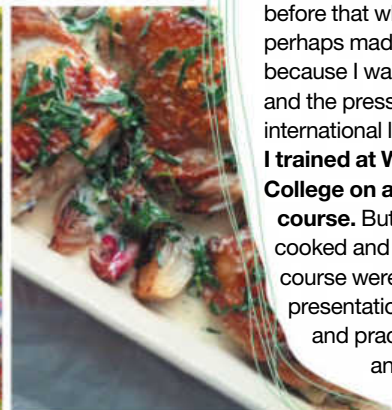
I'm an ex-City lawyer. I'd probably always wanted to be a chef, but did too well at school and university to take the leap from the classic English education and professional system to something more unknown. When I changed career at 30, it was partly because I wanted to work in food (and having written a blog for two years before that whetted the appetite and perhaps made me dream), but, mostly, because I was fed up with the hours and the pressures of working at a major international law firm.

I trained at Westminster Kingsway College on a six-month 'intense' chef course. But, to be honest, I've always cooked and think the benefits of that course were learning things about presentation, chef techniques, and practising being precise and efficient.

My style of cooking is 'modern British'.

Which is to say that, if I'm cooking to impress, I'll use well-sourced seasonal ingredients, cooked without too much faff and presented in a way that's influenced by the best young chefs in London (who themselves are influenced by Scandinavian and Japanese aesthetics, and each other). But, at home, modern British means using those well-sourced seasonal ingredients, but also being open to global cuisine – whether South East Asia, Eastern Europe, North America, etc. My food reflects London's restaurant scene, which is extremely multicultural and eclectic.

Right now, in England, we're in late autumn, moving rapidly towards winter, which is one of my favourite seasons: fruits like quinces, apples and pears are in; and vegetables like purple sprouting broccoli, various kales, loads of pumpkins and squash. But, you'll always find anchovies, butter, good extra virgin olive- and rapeseed oils, fresh herbs, gochujang and red miso in my kitchen.



Dates for the diary...

4 – 13 December 2015. Make sure Montecasino is at the top of your Christmas wish list as Gauteng's premier entertainment destination brings you their second annual European-inspired Christmas Market with all the trimmings of the festive season in one jam-packed space. Come along and pick out the perfect family gifts, enjoy Christmas-movie screenings and soak up the fun-filled ambience. montecasino.co.za

11 – 12 December 2015. Gabriëlskloof's Favourite Things Market. For a slice of the good life with country flair, make your way to Gabriëlskloof Estate where a colourful celebration of the handmade, home-made, delicious and beautiful awaits. Open Friday 11 December from 5pm – 9pm, and on Saturday 12 December from 11am – 9pm. Entrance is free. 028-284-9865; nicolene@gabrielskloof.co.za

22 December 2015. Carols & Candlelight at The Oyster Box. This is undoubtedly one of the highlights of the festive season at The Oyster Box. And, this year, Carols & Candlelight gets a boost with performances by the Field Band Foundation and talented musician and vocalist, Wallace Nock. The event starts at 7pm on The Ocean Terrace. To make a reservation, call 031-514-5018 or email restaurants@oysterbox.co.za.



Possums image by Annelize Nel

EAT OUT @

CT: THE DECKHOUSE CRAB SHACK AND BBQ

As soon as I lower the plastic bib over my head, I know I'm in for a good time. It's the quintessential way to spend a Cape Town day – sipping on ice-cold white wine while devouring buckets of shellfish. The menu is quite large, offering breakfast – I will be back for the crayfish Benedict! – lunch and dinner, with the likes of salads and sandwiches too. Skip all that and dive straight into the seafood. Their claim to fame is the crab offering, with some off-menu items too, like a whole king crab leg (approximately the size of a crayfish). The selection is dizzying, from hot- and cold seafood platters to a 'crabby pot' simmering with crayfish, snow crab, mussels, prawns and sausage in a fragrant sauce of choice. We order a bucket of blue swimmer crabs, which come in a sticky Indonesian pepper sauce. Manners are immediately set aside. We had, as promised, 'a crackin' good time' – though, if you're the shy type, I wouldn't recommend it as a first-date spot... Things will get messy! 108 Kloof Street, Cape Town; 021-424-1020; thedeckhouse.co.za. *By Malu Lambert*



JOZI: POSSUMS ON BURNSIDE

With sunny yellow blinds, a cobbled courtyard, olive trees and lavender, I could well be in the heart of Provence. Add to that the terrace's cooling system exhaling a billowy veil of heat-beating mist and I sigh with gratitude for the thoughtfulness of hands-on owner Karen Staples, who has relocated her stylish bistro from Parkhurst's 4th Avenue. As soon as I lay eyes on my starter – crispy pork with hazelnuts, organic leaves, grilled zucchini and feta – it makes for the perfect yin-yang balance: crunchy, silky, zesty and tangy. Enter my main after a tough act to follow: Tennessee stud deconstructed fillet plate with caramelised onions, burnt sage butter, baguette & pommes frites. I can cut the fillet with a spoon it's so tender and, to boot, it's perfectly seasoned. Room for dessert, you ask? No, but that's never stopped me! The Tuscan chocolate and hazelnut tart with red wine-poached pears, orange syrup and crème fraîche beckons with velvety lure – and boy, am I glad I don't let guilt win this fight! Smooth and sexy, each spoonful leaves me wanting more... like the perfect romantic tryst.

Ooh la la! Did I just say that? Time to go – to Possums for more of a good thing.

6 Burnside Avenue, Craighall Park;
011-326-3970; possumsonburnside.co.za.

By Andrea Pafitis-Hill

KZN: PUNJABI'S

This unassuming-looking little restaurant, owned by a family from Punjab, has rapidly become a favourite on the local dining scene. The success is largely down to the authentic North Indian fare – the fragrant spices and richly flavoured gravies not often found in the more toned-down curry landscapes of the West. Exotic terms like jalfrezi, dhansak, and rajma punctuate the extensive menu and all meals are served mild, medium or hot. We started with vegetable soup, which hinted of dhanian and chilli, and, for mains, ordered medium kadai paneer (Indian cottage cheese and green peppers sautéed with tomatoes, ginger and spices) and paneer palak (cottage cheese in spinach gravy with garlic, cumin and cream). Both were excellent, but with more than just a medium kick. Next time, we'll opt for mild! We ended off with kulfi – ice cream made with milk and almonds. Delicious, unusual and perfect after a palate-awakening curry. At the time of writing, a liquor licence was still in the pipeline but diners were welcome to take their own alcohol. Shop 31 – 33, 9 Old Main Road, Oxford Village, Kloof; 031-765-4779; punjabis.co.za. *By Andrea Abbott*





MARKET OF THE MONTH:

FREELANCE JOURNALIST, ANDREA ABBOTT, LIVES IN EVERTON,
AN OFF-THE-BEATEN-TRACK AREA NEAR KLOOF, KZN.

MALL SHOPPING BEING ANATHEMA TO HER, SHE'S IN HER
ELEMENT WHEN SHE FINDS A TRULY GOOD MARKET

AND, IF THE COFFEE'S EXCELLENT, SO MUCH THE BETTER

BELLEVUE
NIGHT MARKET

"The great thing about night markets," a friend told me, "is that I'm awake when they open." For morning ones, he can never get out of bed in time! That advantage aside, Bellevue Market in Kloof has a lot else going for it. Held on the last Friday evening of the month in a picturesque courtyard on the Bellevue Campus, it's become known as both a worthwhile shopping venue and a place to unwind with friends and family after a busy day at work.

The mix at Bellevue includes a variety of decor- and fashion stalls, but the bias is toward food- and beverage stands. Vendors change from time to time, but there is also a core of reliable regulars.

Our most recent visit was on a balmy evening that cried out for a delicious supper under the stars. Trawling the food stalls, we found temptation at every turn. Among the goodies on offer that night were single-origin Fairtrade coffee beans sourced from Africa; craft beers from a couple of small, independent breweries; chocolate brownies in line with the death-by-choc ethos; home-made confectionary that brought to mind old-fashioned sweet shops; plump shiny olives of various cultivars; home-made biltong (not a vegetarian's cup of tea, but the

maker assured me the cows were vegetarian!); as well as beautifully crafted, almost-too-pretty-to-eat cakes and pastries from Madeleine's Patisserie – a legend in the Kloof area. To balance out all that good-for-the-soul food, there were healthier, but no-less-delectable options, like the Kitchen Guru's freshly made falafels; bountiful salads and home-made savoury tarts; and sourdough flatbread topped with all sorts of Italian-inspired ingredients. The most popular dish at the famous Sprigs stall was lightly spiced lamb served with crème fraîche and coriander. Sprigs caters well for vegetarians too and, that night, came up trumps with a vegetable platter comprising veggie terrine served with dukkah egg, pumpkin pâté, Brie, cherry tomato and mushroom kebab, olives and soda bread. Nearby, my husband placed his order at the All Things stall, where chilli con carne bubbled away in a big pot.

We settled down with our picnic next to the pond, enjoying the happy buzz of people shopping, friends gathering and children playing. As darkness closed in, tealights in jars were distributed lending a magical atmosphere to this rather special market.



Sprigs lightly spiced lamb with crème fraîche and coriander

Serves 8 **EASY** 2 hrs

2 x 400g tinned chopped tomatoes
crème fraîche, to serve
fresh coriander, to garnish
fresh bread/nachos/steamed rice, to serve

30ml (2 tbsp) sunflower oil
1kg boneless lamb cubes
2 onions, peeled and finely chopped
2 stalks of celery, finely chopped
2 carrots, finely chopped
200g pumpkin, peeled, seeded and grated
2 garlic cloves, peeled and crushed
5cm fresh ginger, peeled and finely chopped
15ml (1 tbsp) Moroccan Spice Mix
5ml (1 tsp) black mustard seeds
1,25ml (¼ tsp) cayenne pepper
5ml (1 tsp) curry powder
5ml (1 tsp) ground turmeric
2,5ml (½ tsp) sea salt
1,25ml (¼ tsp) ground black pepper

1 Heat the oil in a saucepan over medium heat and fry the lamb until golden. Remove the lamb from the pan.
2 Add the onions, celery, carrots, pumpkin, garlic and ginger and cook until softened, 5 minutes. Add the spices and cook until fragrant, 3 minutes. Add the lamb, salt, pepper and tomatoes and cover the lamb with water. Bring to a simmer and cook until the lamb is tender, 1 hour and 15 minutes.
3 Serve the lamb with dollops of crème fraîche, coriander and fresh bread, nachos or steamed rice.

Bellevue Night Market, 5 Bellevue Road, Kloof. Open on the last Friday of every month from 4pm – 8pm. There will be no market in December as Christmas Day falls on the last Friday.

HOW TO MAKE a herbal wreath



- 1 Begin by making a frame. You can use an already-made wreath frame, such as a grapevine wreath or bend wire or weave together long, bendable sticks to form a circular shape.
- 2 Collect a variety of herbs for both their scent, sturdiness and appearance. Sage, rosemary, thyme, oregano, lemon balm and fennel work well. Make sure you leave a good amount of stem on the herbs when picking.
- 3 Create small bundles of the herbs and secure them with florist's wire or rubber bands.
- 4 Keeping the herb stems flowing in the same direction, place the individual bundles of herbs around the wreath frame in an overlapping formation, securing each bundle with florist's wire as you go along.
- 5 Weave in a few single herb stems to cover any open spots. Create a hook with wire and secure to the back of the frame.
- 6 Hang and enjoy the beauty and aroma of your herbal wreath throughout the festive season!

TWO JEWELS FROM THE AWARD-WINNING VINEYARD IN THE HEMEL-EN-AARDE VALLEY



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A cut above THE REST

DESPITE THE CHALLENGES, ORGANIC
MICRO-FARMER, MOSIMA MACDONALD PALE,
IS LIVING HIS VISION WITH DILIGENCE,
DETERMINATION AND GRATITUDE

By NATALIE BORUVKA Photographs by KARL ROGERS



Looking out across the multihued stretch of green, carefully arranged in long, neat rows, it's hard to believe that

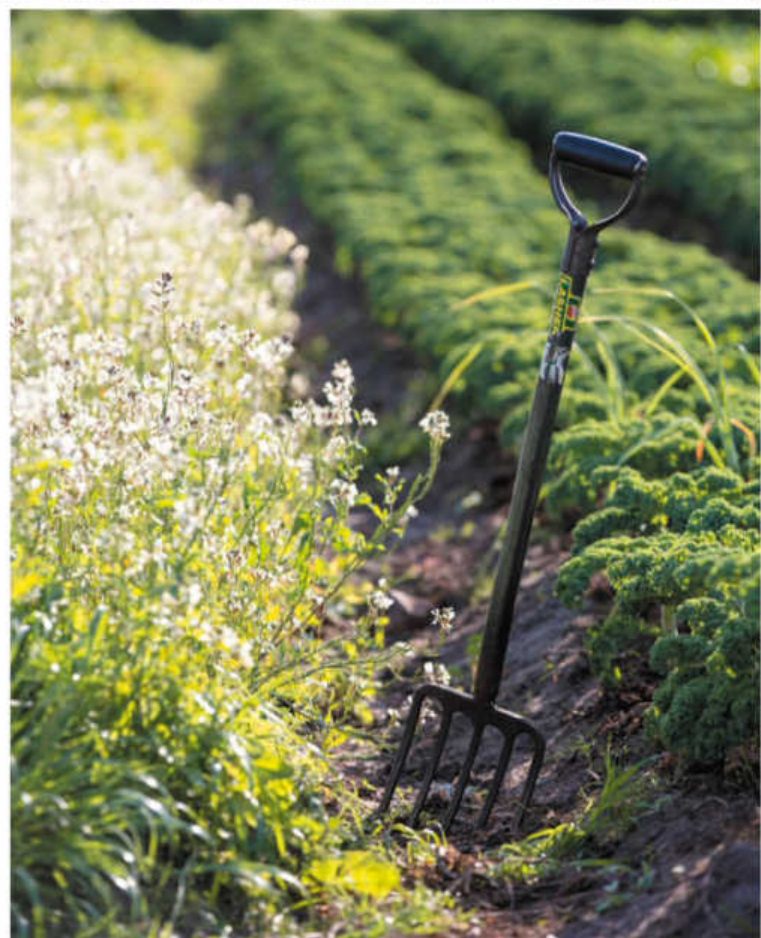
Mosima Macdonald Pale started farming less than two years ago. His spinach is deliciously dark and ruffled. Cabbages unfurl, rotund and robust. A billowy mass of rocket shoots delicate white flowers, signalling harvesting has begun.

The acre of organic bounty is testament to Mosima's conviction that he could make a living from a passion that took root in him as a child. "Some of my earliest memories are of playing in the soil at our homeland farm in Mokopane, Limpopo, during school holidays," says Mosima. "My family grew drought-resistant crops, like maize and sorghum, and, seeing how those harvests kept us going, was a lesson in understanding the long-lasting benefits of investing in one's land."

Born in Tembisa on Johannesburg's East Rand, Mosima was 10 years old



“I was struck by the beautiful, natural environment and found myself yearning for the carefree days of my childhood, snitching carrots and watering cabbages.”



when his family went into exile in Botswana. "Subsistence farming was a policy there," he says of the Azapo refugee camp in Francistown, where his father was a leader of one of the settlements. "Once again, I found myself playing in a big garden," he laughs. This one was almost a quarter of an acre and it fed about 50 people.

With the release of Nelson Mandela and the dawn of democracy, the Pale family returned to South Africa where Mosima continued his schooling. "I really enjoyed biology and decided to study crop production after high school, but the class was full. So, I ended up choosing horticulture at the University of Tshwane." Lack of funds, however, forced him to abandon his studies and pursue a career in the South African National Defence Force.

It was when Mosima was transferred to Cape Town that he started moving towards a defining point in his life. "I was struck by the beautiful, natural environment and found myself yearning for the carefree days of my childhood, snitching carrots and watering cabbages," he smiles. When his three-year service came to an end, he partnered with a friend who was still in the military, Tebogo Mabuza,

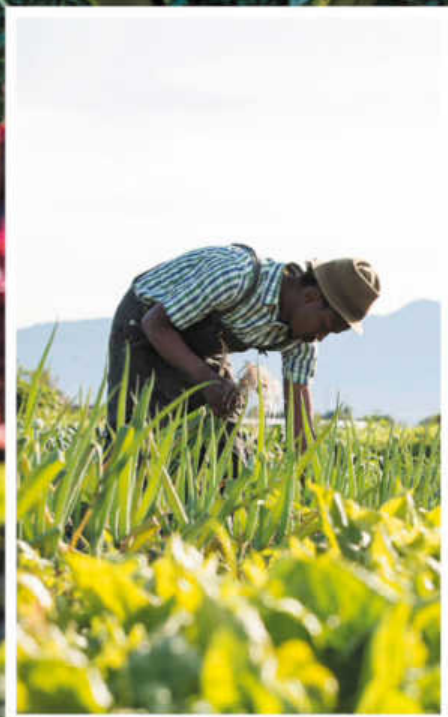
and, together, they established a 1 200m² farm on a rented plot in Wynberg. "We struggled initially," he says, "but, when the land was sold and I moved on my own to a new piece of land in Philippi, I had a valuable foundation of knowledge and experience to draw from."

Challenged by limited funds at the start, he decided to approach companies for sponsorships. An assertive attitude paid off. Western Cape Seedlings donated his first 30 crates of seedlings. He received a donation of compost from Reliance Compost, and The Pole Yard, an outlet for timber poles, jungle gyms and garden furniture, supplied him with materials to build a fence and construct shading. The City of Cape Town also came to the fore with spades, a wheelbarrow and 100 metres of hosepipe.

Garnering customers was no easy task. "In the beginning, I cold-canvassed, delivering samples of my organic produce from one place to the next and, although some people did show interest initially, it was tough to get them to re-order," he says. His first consistent customer was Abalimi Bezekhaya, a non-profit organisation based in Khayelitsha which, in addition

to providing training for home-based gardeners and micro-farmers, assists in the distribution of their fresh produce through their marketing project, Harvest of Hope. Two of Mosima's crop rows are dedicated solely to supplying them. "Essentially, I want to grow like this with every customer until I have a production plan that meets their unique set of needs," he explains. If a client base that now includes Knead Bakery, Starlings Café, Baked Bistro and Block and Chisel's flagship café, The Larder, is anything to go by, Mosima looks well on his way to achieving this aim.

Swiss chard is the crop he has the highest demand for. "We know it as spinach and, fortunately, it grows well throughout the year; although, production does slow down in winter, because it is actually a summer crop," he explains. It is followed by rocket, then curly kale. In summer, Mosima, who sells his produce every Sunday at the ERF 81 Food Market in Tamboerskloof, branches out and plants fruiting crops like baby marrows, tomatoes, aubergines and peppers. His winning formula is a mix of cow- and chicken manure combined with decomposing plant matter from his farm. When he does need to protect





his crops, he employs a means of extracting the juice from garlic, which he combines with chopped chillies. "Although it's a powerful weapon for pest control, the simple truth is that vegetables and plants grow in a certain season for a reason," he says. "Planting seasonally helps to ensure the health of a crop and improves its ability to fight off disease."

Cultivating an acre of land single-handedly is no small feat. While there's a borehole on the Philippi plot, absence of an irrigation system means a thorough watering takes three hours. He starts at 5pm every day.

Ultimately, Mosima, who is completing his degree through UNISA, wants to buy all seven hectares of the land he is renting. He has recently started an

initiative that enables independent farmers, who supply Think Organic, to develop their own rows on the plot, in exchange for tending to his crops two or three days per week.

Walking through the rows at dusk with his three-year-old son, Mogomotsi, clutching his trouser leg, Mosima says he wants "Mogomotsi to see that he can make a success of anything he wishes to do in life; but, that he must be prepared to work hard and help others."

Contact Mosima on 079 323 7990 or email mac.pale@gmail.com





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DRINK UP

Your festive tipples guide

The drinking logistics of the silly season are complicated. Bringing family together, all with different tastes and high expectations, means it can be hard to please everyone. But, fear not! Here, a helping hand with matching drinks to five mealtime occasions

WHAT TO
DRINK, WHEN,
WHERE
AND HOW...
By CLAIRE HU



Christmas Eve

MIDNIGHT SPIRITS

'Twas the night before Christmas. When all through the house. All the family were waiting... for a drink!

A wee dram is needed to keep sane while the kids run amok. And you don't need to head to the Scottish Highlands – SA's own whiskies are gaining a name for themselves internationally. **Three Ships**, in particular its 10-year-old single malt, is in a class of its own; while **Bain's Cape Mountain Whisky**, SA's first single-grain, is matured in bourbon casks and has a caramel- and light floral character. For something different, **Il Mallo Caffè Liqueur**, from the Emilia-

Romagna region of Italy, is a world away from the mass-produced, sweet and creamy coffee liqueurs popular at Christmas. Concentrated, dark and delicious, it delivers a powerful espresso hit.



Pre-Christmas lunch

APERITIF TIME

The 'ooh-ing' and 'aah-ing' over presents is done. It's time to get in the mood with pre-lunch bubbly or a cocktail. A safe bet for MCC is **Pierre Jourdan Brut** or **Blanc de Blancs**, while **Graham Beck** is currently crafting fantastic blanc de blancs (made from chardonnay). If you're after a style that's more like a French Champagne, **Ambeloui**, a small producer in Hout Bay, makes a fantastically refined brut. To mix things up, the biodynamically produced **Avondale MCC** has recently won a clutch of international awards and is produced as naturally as possible.

Rosé always makes a great aperitif and **Wolftrap**'s latest rosé, at just R40, is very gluggable. For a uniquely local cocktail, crack open a bottle of the new **Amarula Gold**. Mix two shots with lemon wedges, mango juice, coriander leaves and ginger ale and serve in a tall glass with ice.



Christmas lunch

CRACKING OPEN THE WINE

Either a light red, chenin blanc, chardonnay or a white blend are ideal to accompany turkey. For chardonnay, aim for a style that balances both oak and freshness so you don't overpower the delicate taste of the bird. **Chamonix** and **Alheit** make a really top-class wine, while producers in Robertson, such as **Weltevrede**, with its Burgundian-style **Place of Rocks Chardonnay**, are making some of the best wines with variety. **Durbanville Hills Rhinofields Chardonnay** offers great value for money. For chenin blanc, **Kleine Zalze** was recently voted SA's best white and it does a great range of different styles at all price points.

White blends are sometimes overlooked, but they are some of SA's best wines. Try **Waterkloof Circle of Life**, **AA Badenhorst's** white blend, **Lammershoek** or **Tokara** for intriguing and complex whites that will get your guests talking.





MY OLIVES COME FROM GREECE
MY SANDALS COME FROM BRAZIL
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Dessert

TIME FOR SOMETHING SWEET

Granny needs her sugar hit, so treat her to one of our South African dessert wines, which rank among the best in the world. **Klein Constantia Vin de Constance** is an oldie but a goodie, and will make the sweet-toothed at the Christmas table feel very treasured. Any sweetie from **Nederburg** is also always a winner.



**VAN LOVEREN WINES GET
AN EXCITING NEW FACELIFT**

This year the Van Loveren brand celebrates 35 years of excellence with a brand-new appearance that speaks of quality and style – just as Van Loveren supporters have come to know and love.

In celebration of the new design, Van Loveren launches Daydream. With a glass of this uncomplicated and surprisingly fruity, dry white wine in your hand, let your imagination take flight to a lazy daydream of happy times with friends and family. The acidity of the chardonnay is tempered by the intensity of the pinot noir and its flavour notes of cool blossoms. It's ideal for a summer seafood dish of smoked salmon, flash-grilled tuna or chicken... or, as your drink of choice after a long day, on its own.

WIN Thirteen lucky winners stand a chance to each win two cases (12 bottles) of Van Loveren Daydream worth R600, delivered to their door.

To enter, email foodhome@caxton.co.za with your name, surname, contact details, address and ID number and 'Daydream' in the subject line by 31 December 2015.

Boxing Day lunch

BEER AND TURKEY SANDWICHES

Everyone is still stuffed to the max! You can hardly move, yet the host is trying to tempt you to a turkey sandwich. What's needed is something refreshing – don't look further than a South African craft beer.

Try the golden ale from **Emerald Vale Brewery** in Chintsa, or something from **Clarens Brewery**, which does a range of boutique beers ranging from Belgian-style ales to Indian pale ale – you're bound to find one that will entrance even sworn beer-haters. **Jack Black** in Cape Town and **Copperlake** in Gauteng are also normally in stock in my cupboard. For delivery of craft beers throughout SA, leagueofbeers.com offers a great service.



FOOD & HOME
Entertaining
Wine Club

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Join the *Food & Home Entertaining Wine Club* and receive a FREE copy of *Food & Home Entertaining* with your box of wine each month! Visit cybercellar.com/FHEwineclub for this month's wine selection. See page 115 for details.

Join the *Food & Home Entertaining Wine Club* this month, and four lucky readers can each win a case (six bottles) of **Asara Cape Fusion 2012** worth R480! A blend of pinotage, shiraz and malbec, the inclusion of malbec in the Cape Fusion makes this a more unusual take on the Cape blend – a loosely defined category, where the only mandatory cultivar of the three is South Africa's own pinotage. With fresh, sweet raspberry-, dark berry- and chocolate notes, as well as mocha on the nose, this fruity wine boasts a lingering finish, contributed by the malbec.



TAKE A bite!

WHAT'S TASTIER THAN HALOUMI, SALSA AND GUACAMOLE? THIS IS A GREAT DISH FOR ANY OCCASION

Crumbed haloumi dippers served with tomato salsa and Westfalia guacamole
Serves 4 **EASY** 30 mins

TOMATO SALSA

2 tomatoes, seeded and chopped
45ml (3 tbsp) fresh coriander, finely chopped
1 red onion, peeled and finely chopped
1 green chilli, seeded and chopped
1 large garlic clove, peeled and finely chopped
juice of 1 lime
salt and freshly ground black pepper, to taste
60ml (¼ cup) Westfalia Plain or Lemon-Flavoured Avocado Oil

CRUMBED HALOUMI

50g cake flour
2 large eggs
100g fresh breadcrumbs
12 pieces haloumi
Westfalia Plain Avocado Oil, to fry

200g Westfalia Plain Avocado Guacamole, to serve
lemon wedges, to serve
microherbs, to garnish

1 For the salsa, mix all of the ingredients together and leave overnight in the fridge to allow the flavours to develop.

2 For the crumbed haloumi, place the flour in a shallow tray and season well to taste.

3 In another bowl, lightly beat the eggs.

4 Add the breadcrumbs to a third bowl.

5 Dip a haloumi slice into the seasoned

flour and shake off any excess. Dip into the beaten egg and then into the breadcrumbs, pressing firmly to coat. Repeat with the remaining haloumi slices.

6 Heat the oil in a frying pan over medium heat and shallow-fry the haloumi until golden. Drain on paper towel.

7 Place a spoonful of guacamole onto a serving plate and top with the salsa. Add a few slices of the haloumi. Serve while hot, with lemon wedges for squeezing and garnished with microherbs.



BOOKS FOR COOKS

DIGESTING THE LATEST ON THE CULINARY SHELVES... By TARYN DAS NEVES



1 **NOPI** (PENGUIN RANDOM HOUSE, R579)

If you aren't already a follower of Yotam Ottolenghi, this book – direct from his London restaurant – is sure to seal the deal. Beautifully bound and gilt-edged, you know you are about to page through something magnificent. More challenging than his previous cookbooks, the recipes contain his signature Middle Eastern flair with ingredients like sumac, dukkah and ras el hanout adding exotic flavours.

2 **EVERYDAY SUPER FOOD** (PENGUIN RANDOM HOUSE, R398)

With each new title, Jamie Oliver tries to steer his fans down a healthier path in the kitchen. And, judging by how increasingly gorgeous this celebrity chef keeps getting, it must be working! Packed with nutritious meals, this cookbook proves you can eat the rainbow and enjoy doing it. Try the green tea-roasted salmon with ginger rice and sunshine salad to put a spring in your step.

3 **MASTERCHEF: THE MASTERS AT HOME** (ABSOLUTE PRESS, R639)

In this beautiful collection, the cream of the world's culinary crop offer three personal recipes from their home kitchens. Why not sample Ferran Adrià's watermelon, tomato and basil soup; Bill Granger's sticky mango pudding with coconut custard; or Angela Hartnett's pot-roast chicken with lemon spring onions and ginger. Plus, read about each chef's favourite secret food haunt!

TOP 10 COOKERY TITLES1 *The Rebel Meel Revolution*

Prof. Tim Nobkes et al

2 *The Rebel Meel Revolution: Raising Superheroes*

Prof. Tim Nobkes et al

3 *Everyday Super Food*

Jamie Oliver

4 *Low Carb is lekker*

Irene Reynierse

5 *Rebel Food, Healthy, Happy Children*

Kath Megaw

6 *The Democratic Republic of Braai*

Jân Braai

7 *Koekedoor*

Erriëda Du Toit

8 *Die Demokratiese Republiek van Braai*

Jân Braai

9 *Low Carb is lekker (Citrikkans)*

Erriëda Du Toit

10 *Taste of Israel*

Nida Degutiene

THE DEMOCRATIC REPUBLIC OF BRAAI (BOOKSTORM, R302)

South Africa's favourite braai personality, Jan Braai, delivers a mouth-watering, taste bud-tantalising, cornucopia of recipes in his latest offering – perfect for the summer holidays where sunny weather and high spirits call for outdoor cooking. Filled to the brim with moreish meat recipes, like heritage T-bone steak with pinotage sauce, peri-peri beef espetadas and an A – Z of burger options, why not master new braai skills and delve into the realm of desserts, like Amarula malva pudding made in a potjie or a classic cheesecake baked on an open fire.

Win

FIVE F&HE READERS CAN EACH WIN A COPY OF THE DEMOCRATIC REPUBLIC OF BRAAI BY JAN BRAAI FROM EXCLUSIVE BOOKS. TO ENTER, EMAIL YOUR NAME, CONTACT NUMBER, ID NUMBER AND POSTAL ADDRESS TO FOODHOME@CAXTON.CO.ZA WITH 'BRAAI' IN THE SUBJECT LINE. ENTRIES CLOSE ON 15 DECEMBER.



6

**4 HONEY & CO. THE BAKING BOOK (HODDER & STOUGHTON, R614)**

If you coveted the first book to come out of this much-loved London restaurant, then you definitely need to take a dip into this one. With a baked goodie to satisfy every hunger pang at any moment of the day, their Middle Eastern-inspired recipes will have you adding tahini to white chocolate, olive oil to your cake batter and aniseed-flavoured fennel seeds to your peach and vanilla mini loaves.

5 THE FRENCH BAKER (ALLEN & UNWIN, R491)

Stock your fridge with lots of butter for this one! For the aspiring pâtissier, learn how to make the very best in French-style baking from world-renowned Jean Michel Raynaud. With step-by-step visual references and an array of helpful hints – from essential kitchen equipment to useful tidbits woven through the recipes – you'll soon be whipping up choux pastry like a pro.

6 GIZZI'S HEALTHY APPETITE (OCTOPUS PUBLISHING GROUP, R644)

British chef and TV personality, Gizzi Erskine, puts the soul back into healthy eating with a collection of 100 recipes, spanning smoothies to soothers (slow-cooked favourites). Try her pimped-up pad thai or lamb shawarma with burnt pittas, hummus and pomegranate tabbouleh. To finish, indulge in her maple syrup, orange and rosemary tart.

THE KITCHEN FILES

By NOMVUSELELO MINCLUBE Photographs by FOTOLIA

1 TYING THINGS UP

Run out of string to truss your turkey? Just use dental floss!



2 BERRY CHRISTMAS

Add fresh- or frozen berries, sliced citrus fruits and sprigs of mint to your water jugs. Refrigerate to infuse and chill before popping onto your festive table for added colour and lightly flavoured water.



3 HOT POTATO!

We've found that by salting potatoes only halfway through their roasting time helps them to not stick to the baking tray and lessens their moisture loss too.





4 LIQUID ASSETS

If you have Banting guests coming over for Christmas Day lunch, you'll have to banish flour from that all-important gravy! Don't panic: to thicken gravy without flour, either start your gravy early with double the volume you need and allow it to reduce, or remove from the heat and gradually add a beaten egg, while blending with a stick blender.

5 PUD IT TO GOOD USE

Loads of leftover Christmas pudding? Use it in a strudel; add to ice cream; stir crumbled pud through chocolate-truffle mixture; use in cake pops mixed with another sponge; or replace the sponge in a trifle with defrosted slices of Christmas pudding.



Christina van Loveren
PREMIUM SINGLE VINEYARD WINES



2014 SAUVIGNON BLANC
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GOLD - ULTRA VALUE WINE AWARDS
GOLD - VITIS VINIFERA AWARDS

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DOUBLE GOLD - ULTRA VALUE
WINE AWARDS
GOLD - VITIS VINIFERA AWARDS

2013 NOBLE LATE HARVEST
GOLD - GOLD WINE AWARDS
GOLD - VITIS VINIFERA AWARDS

N/V METHODE CAP CLASSIQUE
GOLD - VITIS VINIFERA AWARDS

2013 CABERNET SAUVIGNON
GOLD - VITIS VINIFERA AWARDS

2013 SHIRAZ
SA TOP 12 SHIRAZ
GOLD - VITIS VINIFERA AWARDS





FRESH

SUGAR-PLUM FAIRIES

THIS CHRISTMAS,
THERE'S NO RULE OF
PLUM! THE CHINESE
BELIEVE THAT PLUMS
SYMBOLISE GOOD
FORTUNE, SO IT'S TIME
TO THINK OUT OF
THE FRUIT BOX
AND INJECT SOME
POSITIVITY AND JOYOUS
JUICINESS INTO YOUR
FESTIVE FEAST

Recipes and styling by
NOMVUSELELO MNCUBE
Photographs by CAROLINA BEDOYA



DID YOU KNOW?

- Plums and prunes (dried plums) help increase the absorption of iron into the body, which may be due to the fact that they are a good source of vitamin C.
- The fruit can be as large as a baseball or as small as a cherry!
- Plums are the second-most cultivated fruit in the world.

• The fruit is full of antioxidants, which, together with other fruits and vegetables rich in antioxidants, have been shown to slow the development of Alzheimer's disease, according to research by Harvard University. Plums also contain anthocyanin and quercetin, beneficial for preventing cell breakdown through oxidation.

- Extracts of plum and peaches can kill aggressive breast-cancer cells but not normal cells, recent lab studies have shown.
- Plums are great for relieving constipation and digestive problems, thanks to their dietary fibre, sorbitol and isatin content.

Source: care2.com/greenliving



Plum and rose-water syrup cocktail

Makes 10 cocktails **EASY** 1 hr 15 mins + overnight, to freeze

THE FLAVOUR COMBINATIONS FLOWERED ICE CUBES

small handful pink rose petals
small handful mixed fresh berries

PLUM AND ROSE-WATER SYRUP

1,5L (6 cups) water
250g sugar
2 plums, halved
15ml (1 tbsp) rose water

GOLD GLITTER SUGAR

75g castor sugar
15ml (1 tbsp) edible gold glitter

thinly sliced plums, to serve
1 bottle Champagne/MCC/sparkling wine, to top

HOW TO DO IT

- 1 For the ice cubes, divide the petals and berries among the wells of an ice tray. Fill with water and freeze overnight.
- 2 For the syrup, add the water, sugar and plums to a small pot over medium heat and stir until the sugar dissolves. Bring to a boil until the syrup thickens but is still of a pouring consistency, about 40 minutes. Remove from heat, remove the plums and stir in the rose water. Allow to cool.
- 3 For the sugar, mix the castor sugar and glitter together and set aside.
- 4 To assemble the cocktail, dip the rims of 10 champagne flutes or coupes in water and then in the gold glitter sugar. Pour in the syrup mixture. Add some ice cubes and fresh plum slices and top with Champagne, MCC or sparkling wine to serve.



Stuffed pork shoulder

Serves 8 – 10 **EASY** 1 hr 30 mins

THE FLAVOUR COMBINATIONS

2kg pork shoulder
salt and freshly ground black pepper, to taste
250g bacon, cubed
oil, to fry
1 large onion, peeled and chopped
3 garlic cloves, peeled and crushed
small handful fresh sage
70g fresh breadcrumbs
30g butter, melted
15ml (1 tbsp) wholegrain mustard
2 plums, pitted and sliced

TO SERVE

30g butter
15ml (1 tbsp) olive oil
handful baby fresh fennel
4 pears, some sliced into wedges and others halved

HOW TO DO IT

1 Preheat the oven to 210°C. Place the meat on a chopping board and unroll it. Beat with a meat mallet, season to taste and refrigerate until needed.

2 Fry the bacon in a little oil in a frying pan over medium-high heat until brown, about 5 minutes. Transfer the bacon to a bowl and set aside.

3 In the same pan, fry the onion until soft, about 5 minutes. Add the garlic and bacon and stir to combine. Cook for 5 minutes, then remove from heat. Add the sage, breadcrumbs and 30g melted butter and season to taste.

4 Remove the pork from the fridge. Brush all over with the mustard and top with the bacon mixture and plum slices. Roll up the meat into a tight log/ sausage shape and tie with string.

5 Heat a little oil in a large pan over high heat and brown the pork on all sides until crispy. Place in a heavy-based roasting dish and cook in the oven until cooked through, 1 hour.

6 Heat the 30g butter and 15ml (1 tbsp) olive oil in a pan over high heat. Fry the fennel and pear slices until slightly charred, about 10 minutes.

7 Serve slices of the pork with fennel and pear slices and season to taste.





Upside-down plum cake with crème fraîche

Makes 10 mini cakes **EASY** 1 hr

THE FLAVOUR COMBINATIONS

50g butter, melted
50g sugar
5 medium plums, pitted and sliced into half-moon shapes

SPONGE

500g cake flour
10ml (2 tsp) baking powder
pinch salt
10ml (2 tsp) cinnamon
5ml (1 tsp) ground cardamom
260g butter
200g sugar
6 large eggs
zest of 1 lime

VANILLA MAPLE SYRUP

seeds of 1 vanilla pod
125ml (½ cup) maple syrup

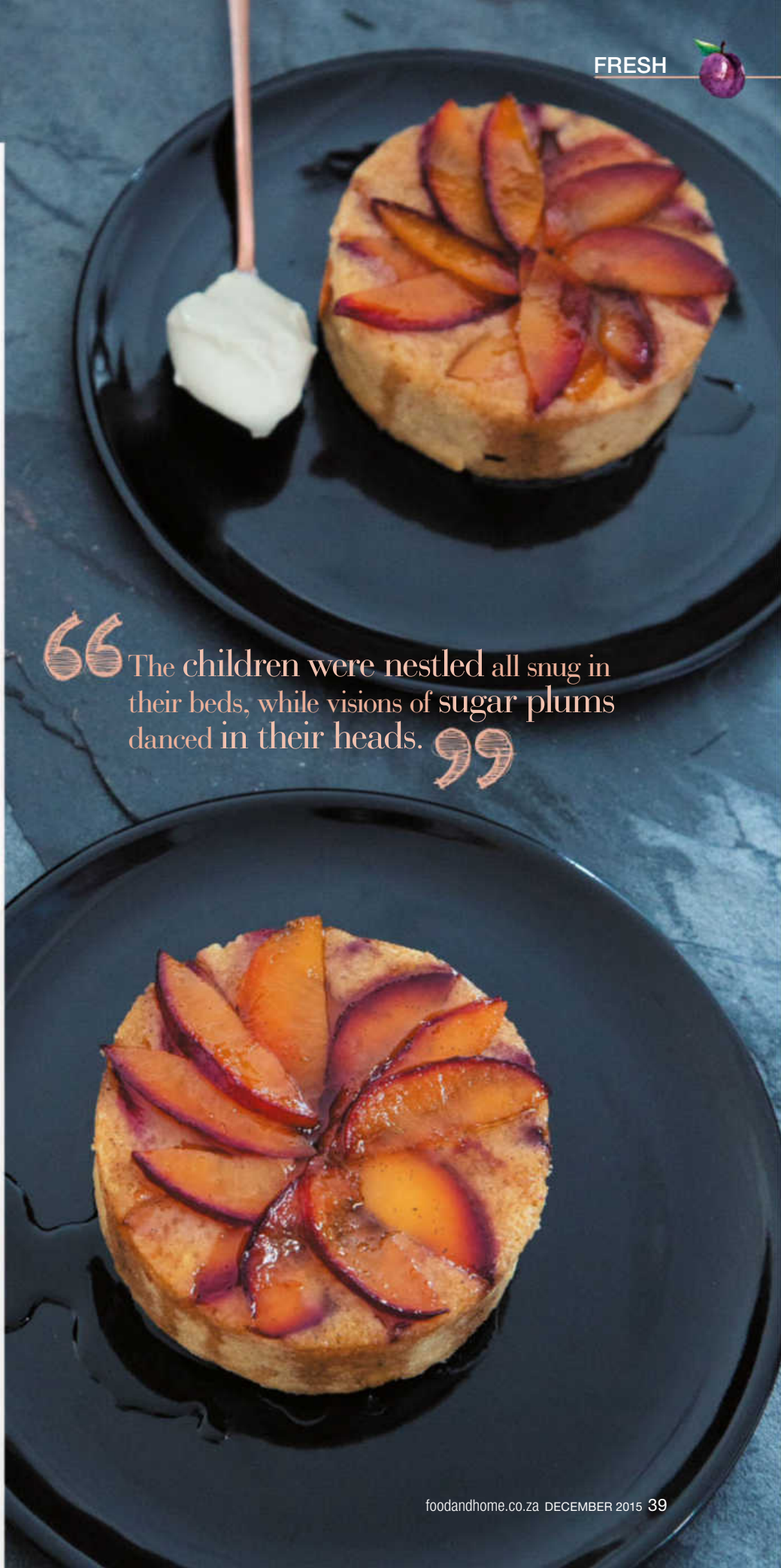
crème fraîche, to serve

HOW TO DO IT

- 1 Preheat the oven 180°C. Grease and line the base and sides of ten 10cm-round tins with baking paper.
- 2 In a mixing bowl, mix together the 50g butter and 50g sugar. Add the sliced plums and stir until combined. Arrange the plums in a 'windmill' formation in the prepared tins.
- 3 For the sponge, sift the flour, baking powder, salt and spices into a bowl and set aside until needed.
- 4 Using electric beaters, whisk together the 260g butter and 200g sugar until light and pale, 10 minutes. Add the eggs, one at a time, beating between each addition. Mix in the lime zest and fold the dry ingredients into the wet ingredients. Pour the sponge over the plum slices and bake in the oven until golden brown, 30 minutes.
- 5 For the syrup, mix together the vanilla seeds and maple syrup.
- 6 Remove the cakes from the oven and allow to cool, 5 minutes. Invert onto plates and drizzle with the vanilla maple syrup. Serve with dollops of crème fraîche.



“The children were nestled all snug in their beds, while visions of sugar plums danced in their heads.”





Magical melons

SWEET, JUICY AND A GOOD
SOURCE OF VITAMIN C, MELONS
ARE CERTAINLY GOING TO
BE BRIGHTENING UP OUR
FESTIVE-SEASON TABLES

Recipes and styling by CLAIRE FERRANDI Assisted by NOMVUSELELO MNCUBE Photographs by DYLAN SWART

Sweet melon, feta and crunchy prosciutto salad

Serves 4 **EASY** 15 mins

THE FLAVOUR COMBINATIONS

30ml (2 tbsp) olive oil
140g prosciutto
1 sweet melon, seeded and sliced into wedges
3 baby red onions, peeled and finely sliced
3 handfuls fresh baby salad leaves
1 fennel bulb, finely sliced
handful fresh fennel leaves
handful baby radishes (optional)
handful baby spring onions (optional)
2 feta wheels, crumbled
olive oil/Westfalia Avocado Oil Herb-flavoured Infusion, to drizzle
squeeze lemon juice
salt and freshly ground black pepper, to taste

HOW TO DO IT

1 Heat the olive oil in a pan over high heat. Once hot, add the prosciutto slices in batches and fry until crunchy, 1 minute per side. Drain on paper towel.

2 To assemble the salad, place the melon wedges, red-onion slices, fennel bulb and leaves, baby radishes and baby spring onions, if desired, on a serving platter. Sprinkle with crumbled feta, drizzle with some olive- or avocado oil and add a squeeze of lemon juice. Season to taste, top with the crunchy prosciutto and serve immediately.

Sweet melon gazpacho with croutons

Serves 4 **EASY** 20 mins

THE FLAVOUR COMBINATIONS

SWEET MELON GAZPACHO

1 celery stick, roughly chopped
500g sweet melon, seeded, peeled and cubed
¼ onion, peeled and chopped
½ yellow pepper, seeded and chopped
1 garlic clove, peeled and chopped
juice of 1 lime
juice of 1 lemon
pinch chilli flakes
30ml (2 tbsp) olive oil + extra, to drizzle
190ml water + extra, if needed



salt and freshly ground black pepper, to taste

CROUTONS

30ml (2 tbs) olive oil
40g butter
1 seeded roll, torn into chunks

small handful fresh coriander, roughly chopped, to garnish

HOW TO DO IT

- 1 For the gazpacho, place all of the ingredients in a blender and blitz until smooth. If necessary, add a little more water and blend again to thin down. Chill until ready to serve.
- 2 For the croutons, heat the olive oil and butter in a pan over medium heat. Add the torn bread pieces and fry until golden, about 2 minutes. Season with salt to taste.
- 3 Serve the chilled soup in bowls. Top with a drizzle of olive oil and sprinkle with coriander and a handful of croutons.

Asian pork chops with sweet and salty watermelon pickle

Serves 4 **EASY** 45 mins

THE FLAVOUR COMBINATIONS WATERMELON PICKLE

225g sugar
125ml (½ cup) white wine vinegar
60ml (¼ cup) water
4 whole cloves
4 whole black peppercorns
2 cinnamon sticks
5ml (1 tsp) garam masala
pinch ground allspice
pinch ground ginger
5ml (1 tsp) mustard seeds
5ml (1 tsp) fennel seeds
5ml (1 tsp) coriander seeds
500g watermelon, peeled and cubed

ASIAN PORK CHOPS

5ml (1 tsp) fresh ginger, peeled and minced
1 garlic clove, peeled and minced
pinch dried chilli flakes
60ml (¼ cup) sesame oil
60ml (¼ cup) olive oil
juice of 1 lemon
8 pork loin chops
salt and freshly ground black pepper,

to taste

handful spring onion, finely sliced lengthways and soaked in ice water to curl, to serve
small handful fresh coriander, roughly chopped, to serve

HOW TO DO IT

- 1 For the pickle, place all of the ingredients, except the watermelon, in a medium pot and boil for 2 minutes before adding the watermelon cubes. Boil to soften the watermelon, 20 minutes. Remove from heat and allow to cool.
- 2 For the pork chops, combine all of the ingredients, except the chops. Heat a pan over medium-high heat and brush the chops with the oil mixture. Fry until just cooked through, 2 minutes on each side. Season well to taste.
- 3 Serve the chops with the watermelon pickle, spring-onion curls and a sprinkling of fresh coriander.



Pavlova with rosé-poached sweet melon, raspberries, pink peppercorns and vanilla yoghurt

This is a fabulous dessert for Christmas – you can prepare the meringue, poached fruit and vanilla yoghurt the day before. Keep the Pavlova in an airtight container and the other components in the fridge and simply assemble on the day
Serves 6 **EASY** 2 hrs 15 mins

THE FLAVOUR COMBINATIONS PAVLOVA

4 egg whites
225g castor sugar
pinch salt
juice of ½ lemon
5ml (1 tsp) vanilla essence

POACHED SWEET MELON

225g castor sugar
500ml (2 cups) rosé



Pavlova with rosé-poached sweet melon, raspberries, pink peppercorns and vanilla yoghurt

juice of 1 lemon
seeds of 1 vanilla pod
pinch salt
1 sweet melon, flesh scooped
out using a melon baller

VANILLA YOGHURT

250g double-cream yoghurt
40g icing sugar, sifted
seeds of 1 vanilla pod

handful raspberries, to serve
10ml (2 tsp) pink peppercorns,
crushed, to serve

HOW TO DO IT

- 1 Preheat the oven to 110°C. Line a baking tray with baking paper.
- 2 For the Pavlova, place the egg whites in the bowl of an electric mixer. Whisk to soft peaks, then add the 225g castor sugar, 15ml (1 tbsp) at a time, while the mixer runs. Once the sugar has been added, add the remaining Pavlova ingredients and whisk on high speed for 3 minutes.
- 3 Spoon the meringue onto the prepared baking tray and shape into a 20cm round. Bake in the preheated oven until hard on the outside and slightly gooey on the inside, 2 hours.
- 4 While the meringue bakes, prepare the

poached melon. Place the 225g castor sugar, rosé, lemon juice, seeds of 1 vanilla pod and salt in a medium pot and bring to a boil, without stirring. Remove from heat and add the melon balls. Return to the heat and simmer over medium heat until the melon is soft, 20 minutes. Remove the melon balls and allow the poaching liquid to boil and thicken, 20 minutes. Allow the syrup and melon balls to cool completely.

5 For the vanilla yoghurt, combine all of the ingredients.

6 To serve, spread the Pavlova with the vanilla yoghurt. Sprinkle with the poached melon, raspberries and crushed pink peppercorns and drizzle with the rosé syrup.

fact box

THE CHRISTMAS MELON

The best known varieties of melon are casaba, honeydew, watermelon, Persian melon and cantaloupe. But, did you know (and how very fitting), there is **also** a variety called the Christmas melon? Also known as the Santa Claus melon, it is so named because it peaks during the month of December. Widely available in the Northern Hemisphere, the Christmas melon is similar to the watermelon with its green and gold stripes, but is about 30cm in length and isn't as sweet as the other melons. Unfortunately, this variety is not available in South Africa; however, one could use a cantaloupe melon as a substitute.

Frozen watermelon Christmas tree lollies with lime sugar

These are the perfect icy treat for kids over the Christmas holidays!
Makes about 15 **EASY** 20 mins + 4 hrs, to freeze

THE FLAVOUR COMBINATIONS

½ watermelon, cut into 1,5cm-thick slices

**110g castor sugar
zest of 2 limes**

HOW TO DO IT

- 1 Using a Christmas tree-shaped cookie cutter, cut out pieces of watermelon. If you don't have a Christmas-tree cutter, simply cut the watermelon slices into smaller wedges.
- 2 Push a lolly stick into the base of each cut-out and place the lollies on a tray lined with greaseproof paper. Freeze until frozen solid, 4 hours.
- 3 Just before serving, combine the castor sugar and lime zest. Serve the lollies sprinkled with lime sugar.



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*Christmas
Wish*
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DECOR

Get set!

BEEN THINKING ABOUT SOMETHING DIFFERENT FOR YOUR CHRISTMAS TABLE THIS YEAR? FORTUNATELY FOR YOU, F&HE IS JUST BURSTING WITH IDEAS! HERE, THREE THEMED, GORGEOUS TABLE SETTINGS TO BOWL OVER YOUR GUESTS ON THE BIG DAY...

AFRICAN ELEGANCE

Styling by LINDA BEAN

Photographs by DYLAN SWART



Shuttered screen, R12 100, Napoli chairs, R2 964, reclaimed boat-wood table, R23 900, filigree plates, R145 each (dinner), R110 each (side), R139 each (bowls), La Maison linen napkin set and runner, R1 620, succulents, R135 each, glass container, R116, all Peter Thomas Interiors; charger plates, R49,99 each, 24-piece cutlery set, R299, Lotus candle holders in white,



R89,99 each, hurricane lamp, R259,99, decorative balls assortment, R59,99 per pack, silver glass candle holders, R19,99 each, white-wine glasses, R119 for a set of 4, red-wine glasses, R119 for a set of 4, champagne flutes, R119 for a set of 4, all Mr Price Home; Christmas trees, stylist's own.

GLAM CHIC

Styling by TARYN and VIVIENNE DAS NEVES

Photographs by CAROLINA BEDOYA



Luigi Bormioli Magnifico wine glasses (medium), R359 for a set of 4, Luigi Bormioli Magnifico wine glasses (small), R299 for a set of 4, Luigi Bormioli Magnifico champagne flute glasses, R350 for a set of 4, all Adams Discount Centre; glitter cut-out stars, R49,95 each, glitter cut-out spin tops, R55 each, glitter pears, R45 each, Luna fine china dinner plates in white, R69,95 each, 8 – 10 seater white 100% cotton tablecloth (180cm x 270cm), R399, all Woolworths; Quinn side plates in black, R89 each, Country Road;



hurricane footed white tulip cement candle holders, R119 each, fringed white 100% cotton napkins, R149 for a pack of 4, rose-gold cutlery, R249 for a set of 3, all @home; Cadence 33cm charger plate, R42,06, Paloma Midnight charger plate, R39,43, 90cm white twig tree, R679,95, glitter reindeer, R154,95 for a box of 2, all Grandiflora.



METALLIC MINIMALIST

Styling by CLAIRE FERRANDI
Photographs by CAROLINA BEDOYA



Aldus candle holders in white, R149 each, Ceramic Factory; marble and copper candlesticks, R350 each or R960 for 3, The Kraal Design Gallery; copper vessel, R1 150 (155mm x 220mm), R890 (100mm x 260mm), R450 (100mm x 155mm), copper platter, R2 300, all Anatomy Design; napkins (made from cream linen, fabric stores) and printed with star stamp dipped in gold paint;



Studio W Osaka porcelain side plates in white, R69,95 each, Studio W Osaka porcelain dinner plates in white, R79,95 each, both Woolworths; champagne flutes, R119,99 for a set of 4, Mr Price Home; Jinga bench, R3 495, Coricraft; 16-piece cutlery set with wooden handles, R359, @home; Mervyn Gers small bowls in grey and white, R100 each, printed cushion, R450, both Sit & Co.

A STORY IN every cup

For most people, it would be hard to imagine a world without tea. Whether it forms part of your daily routine or a nightly treat.

The new Five Roses Infusions range, available in eight delicious variants, offers premium long-leaf tea and flavour infusions of real ingredients for a unique taste experience. From fruity and citrus flavours to chocolate and lemongrass infusions, every variant has a story to tell.

NEW BEGINNINGS

A blend of real flowers and berry flavour.

Inspired by the celebration of new beginnings, optimism and eternal hope, this delight is a combination of hibiscus, rosehip and calendula petals, flavoured with strawberry, cherry and blackcurrant.

SACRED KNIGHT

100% Ceylon tea with chocolate pieces and cocoa.

This gallant blend of pure Ceylon tea, chocolate pieces and cocoa offers a dark and decadent taste to treat your senses. This delicious tea perfectly captures the romance of valiant knights of a time gone by.

GRASS TIGER

A blend of ginger and lemongrass.

A tiger of mystical properties is said to have roamed in the long grass jungles of the East. Inspired by this fabled feline, this blend of real ginger pieces and lemongrass offers a zesty taste and restoring lift when you need it most.

PROMOTION

ADMIRAL GREY

100% Ceylon tea with bergamot and citrus flavour.

Prim, proper and undeniably British, this blend is a refreshing take on the classic Earl Grey combination of fine Ceylon tea and bergamot. Only, in this instance, a considered touch of orange peel has been added.

AFRICAN QUEEN

A blend of Rooibos tea and vanilla.

Legend has it, there once ruled a regal African queen so majestic that even the wildest of creatures fell for her charms. This deliciously light blend of sweet Rooibos tea with a strong vanilla cream captures the queen's femininity and power.

BOMBAY CIRCUS

100% Ceylon tea with exotic chai spices.

Inspired by intoxicating, exotic Indian nights, this aromatic blend is a masterful balancing act of cinnamon, ginger, cardamom, rose petals and pure Ceylon tea. The result is a spicy-sweet and elegant chai that deserves more than one cup.

THEATRE OF DREAMS

A blend of lavender and chamomile flowers.

Only in this flawless production of real chamomile and lavender will your imagination take flight. This perfect blend simultaneously inspires the mind and soothes the soul.



Fruit tarts filled and baked with frangipane lemon custard, crème pâtissière or jam and soft fruit

What the angels eat

TAKING PRIDE OF PLACE ON KURLAND'S MAGNIFICENT POLO ESTATE, KATARINA'S AT THE BARN IS CASUALLY ELEGANT, OFFERING AN EXTENSIVE BISTRO-STYLE MENU

By MALU LAMBERT
Recipes and styling by GLENDA LEDERLE
Photographs by GRACE HARRISON

four years ago, from the big smoke to Plettenberg Bay for a food fairy-tale of a different kind.

Meeting Glenda, I feel as if I've been thrust into another romantic food movie. To start, there's the gracious luxury of Kurland Hotel and Polo Estate: the scent of roses sweeps through the front rooms of the hotel. My room for the night is all pink-patterned wallpaper, carpets for feet to sink into, and baroque furniture (hello, Marie Antoinette!).

From the star-filled night outside – the Milky Way a cosmic chandelier dangling above – I'm quickly swallowed up into the candlelit atmosphere of the converted barn.

"Katarina's is named after my sister, Dianne's eldest daughter," Glenda says over glasses of local Newstead bubbly, procured from the 'French Bar' (which also makes speciality cocktails – try 'My Sweet Annie', a white-peach bellini).

Family is clearly important here. Dianne and Peter Behr own Kurland. It was Glenda's idea to turn an old barn on the property into a 'social eating house', which now attracts locals, travellers and hotel guests alike.

Glenda Lederle wouldn't be out of place in a Parisian patisserie haloed in a cloud of flour. Petite and pretty, like something out of *Chocolat*, the brunette chef is famed for her baking.

The previous owner and founder of The Pâtisserie in Illovo – a très chic, French-inspired eatery – she moved,

Glenda Lederle



PLETT PLEASURES



"I've managed the restaurant and kitchen since it opened, four years ago. We all get on terribly well. Di and Peter leave it to me."

The country look of the restaurant is true to its barn beginnings (complete with the original ceiling). Inside, walls painted terracotta host black-and-white framed pictures and contemporary art. There are crystal decanters on display, fancy-dress angel's wings dangle from a wooden screen, and, a nice touch, is the hole-punched horseshoe on the swinging kitchen door. There's a veranda too, with plenty of seating overlooking the bucolic, quiet vistas of the estate.

"I love food that actually makes you feel it's summer, like ripe figs bursting off a tree," says Glenda in the flickering light. "I use a lot of fresh herbs to

enhance the fullness and flavour of dishes." An example of this, she says, is her geranium-scented cake, where she lines a tin for chiffon cake with the plant's leaves. "For me, it's the ingredients that lead to the dishes."

Plates start to appear on the table. The style here is unfussy and hearty or, as head chef Eddie Maqegu describes it, "Casual, fresh and homegrown."

"I like food to be what it is," Glenda states, as I tuck into beef carpaccio that's been rolled in thyme and grilled over hot coals. This is followed by peppered calamari with lemon and tartare sauce.

I comment that she has a knack for elevating retro classics. At this, I get a huge smile, followed by an order of a devilled egg. Topped with crispy chicken skin, it's a mid-century delight.

Glenda's two Jack Russells, Pixie and Mo, are a regular feature in the restaurant: "Our guests and, especially, children adore them."

While I impolitely dig into the pulled-pork burger with red cabbage, and a rustic American-style bean chilli, chef Eddie comes out to meet me.

"It a privilege to work with my Mama Glenda," he says. "She's got a special touch with food; it's very sophisticated."

Glenda too sings his praises: "Chef Eddie has worked here since we opened. He's excellent!"

Eddie grew up in the Great Karoo, and says he's enjoyed cooking from a young age. Fittingly, he recommends the Karoo lamb chops off the menu.

The restaurant is open for breakfast too. "My favourite dish is oatmeal porridge with cinnamon, raisins and freshly grated apple," shares Glenda. (The Barn Bicycle Breakfast option is very popular with cyclists.)

How does the style of service differ from Johannesburg to here? "It's far more convivial and relaxed, yet attentive. I want diners to soak up the atmosphere and take away with them the memory of an enjoyable culinary experience." And, while Glenda will be at Katarina's running the show in the summer season, she does intend "to start up another successful restaurant in Johannesburg" too.

"I love summer in Plett – it's happy, family-orientated and absolutely chaotic." In her time off, Glenda enjoys walks in Robberg Nature Reserve.

I'm taking my dessert to go. Laden onto a heavy, silver tray is a selection of fruit tarts. Tucking into the sumptuous platter fit for a French princess, I can't help but think of Glenda's favourite (though slightly tweaked) food quote by Mark Twain: "When one has tasted it, one knows what the angels eat."

Katarina's at The Barn, Kurland Hotel, N2, Plettenberg Bay; 044-534-8082; kurland.co.za

Pulled-pork burger

Serves 12 **A LITTLE EFFORT** 4 hrs 30 mins + 5 – 8 hrs or overnight, to marinate

THE FLAVOUR COMBINATIONS

PULLED PORK

1kg pork shoulder
15ml (1 tbsp) ground cumin
15ml (1 tbsp) ground coriander
10ml (2 tsp) ground cinnamon
5ml (1 tsp) cayenne pepper
olive oil, to rub and fry
juice of 4 lemons
salt and freshly ground black pepper, to taste
1 x 410g tin whole peeled tomatoes
2 onions, peeled and chopped
2 carrots, roughly chopped
1 whole garlic bulb, cut in half
2 red chillies
4 green jalapeños
250ml (1 cup) red wine + extra, if needed
250ml (1 cup) pork/chicken stock + extra, if needed

BBQ SAUCE

15ml (1 tbsp) olive oil
½ onion, peeled and finely chopped
1 garlic clove, peeled and chopped
100ml apple cider
85g soft brown sugar
10ml (2 tsp) mustard powder
10ml (2 tsp) smoked paprika
10ml (2 tsp) chilli powder
15ml (1 tbsp) Worcestershire sauce
2 chillies
2 jalapeño chillies
30ml (2 tbsp) tomato paste
60ml (¼ cup) espresso coffee
300ml tomato passata
100ml treacle syrup

RED-CABBAGE SLAW

½ red cabbage, thinly sliced
1 stick celery, thinly sliced
zest of 1 lemon
5ml (1 tsp) fresh ginger, peeled and grated
pinch dried chilli flakes
30ml (2 tbsp) olive oil
15ml (1 tbsp) white vinegar

12 burger buns/rolls, toasted under the grill
Gorgonzola, to crumble
fresh rocket, to serve

HOW TO DO IT

1 For the pork, rub the shoulder with the cumin, coriander, cinnamon, cayenne pepper, olive oil and lemon juice. Season to taste. Place the pork in a container or plastic bag. Add the tomatoes, 2 onions, 2 carrots and garlic-bulb halves and turn once to distribute the flavours. Refrigerate to marinate, 5 – 8 hours or overnight.

2 Preheat the oven to 150°C. Heat a little olive oil in a saucepan over medium heat. Add the onions and garlic (from the marinade) and sauté until golden brown. Add the pork and brown. Place the pork, onions and garlic as well as the remaining ingredients in a deep roasting tin. Cover tightly with foil and slow-roast in the oven, about 4 hours. Turn once, adding more wine and stock, if necessary.

3 For the BBQ sauce, heat the 15ml (1 tbsp) olive oil in a saucepan over medium heat. Add the ½ chopped onion and garlic clove and cook until soft, 5

minutes. Add the remaining ingredients, bring to a boil and simmer until thick, 15 minutes. Remove from heat and allow to cool.

4 For the slaw, mix all of the ingredients together and refrigerate until needed.

This will keep, covered, in the fridge for 2 – 3 days.

5 The pork is ready when it is very soft and easily pulled apart. Store the pork pulled apart in the lovely, well-seasoned remaining juices. This will keep, covered, in the fridge for up to 4 days. The BBQ sauce can either be added to all of the pork or you can use 15ml (1 tbsp) per pulled-pork roll.

6 Fill your toasted buns or rolls with pulled-apart pork (about 80g per person). Top with BBQ sauce if you haven't already added it to your pork. Add some slaw, crumble over Gorgonzola and finish with fresh peppery rocket leaves before closing your bun or roll.



COOK'S TIP

This is delicious served with a bean ragout.



Edward Zolani Maqegu



COOK'S TIP

You can cook the fillet and use accordingly, as the remainder can be frozen for another last-minute do!

Carpaccio of beef with mustard mayonnaise

Serves 10 **EASY** 20 mins + 3 hrs, to dry

THE FLAVOUR COMBINATIONS ROASTED TOMATOES

200g Rosa tomatoes, halved lengthways
salt and freshly ground black pepper, to taste
olive oil, to drizzle

CARPACCIO

1 x 2,5kg whole, trimmed fillet of beef
olive oil, to rub
large handful fresh thyme leaves, chopped

MUSTARD MAYONNAISE

500ml (2 cups) mayonnaise
15ml (1 tbsp) Dijon mustard
10ml (2 tsp) Worcestershire sauce
squeeze lemon juice

TO SERVE

olive oil
wild rocket
Parmesan shavings (optional)
marigold petals

HOW TO DO IT

- 1 Preheat the oven to 100°C. For the tomatoes, place them on a baking tray, season to taste and drizzle with olive oil. Cook in the oven until shrivelled and fairly dry, 3 hours.
- 2 Prepare your braai to a high heat. Alternatively, heat a griddle pan until hot.
- 3 For the carpaccio, rub the fillet with the olive oil and season to taste. Charge grill over hot coals or in the griddle pan. Once evenly browned, remove from heat and roll in the thyme leaves. Wrap in cling film and place in the freezer until needed.
- 4 For the mustard mayonnaise, mix all of the ingredients together and store in the fridge until ready to use.
- 5 Before serving, slice the fillet very thinly



Carpaccio of beef with mustard mayonnaise





using a sharp knife or electric slicer. Lay the slices, overlapping, on plates or a platter. Drizzle with olive oil, scatter over some rocket leaves and roasted tomatoes and top with Parmesan shavings, if desired. Drizzle with the mustard mayo and serve garnished with marigold petals.

Fruit tarts filled and baked with frangipane lemon custard, crème pâtissière or jam and soft fruit

Makes 8 – 10 small tarts **EASY** 1 hr 30 mins + overnight, to dry out + 1 hr, to chill

THE FLAVOUR COMBINATIONS ROASTED PINEAPPLE

1 fresh pineapple, peeled and very thinly sliced
15ml (1 tbsp) coconut oil

SWEET PASTRY

175g cake flour
110g cold butter, cubed
50g icing sugar
pinch salt
2 egg yolks

FRANGIPANE LEMON CUSTARD

100g butter
100g castor sugar
1 egg
zest of 1 lemon
100g ground almonds

RHUBARB COMPOTE

200g fresh rhubarb, chopped

30ml (2 tbsp) sugar
2 (10g) gelatine leaves
40ml water

CRÈME PÂTISSIÈRE

200ml milk
1 vanilla pod, split
2 egg yolks
40g sugar
10ml (2 tsp) cornflour
15g butter

LEMON CURD

3 eggs
200g sugar
90ml lemon juice
zest of 2 lemons
20g butter

TO SERVE

2 fresh figs, with cross-shaped

incisions in the top, to open
2 plums, poached in 60ml (¼ cup) water in a saucepan over medium heat for 10 minutes
15ml (1 tbsp) apricot jam, heated, to glaze
large handful fresh berries (blueberries, gooseberries, raspberries and strawberries), to top

HOW TO DO IT

1 For the pineapple, preheat the oven to 180°C. Arrange the pineapple slices on a baking tray and brush with the coconut oil. Roast until dry and slightly charred, 45 minutes, turning once. Turn off the oven and leave to dry out further overnight.

2 For the sweet pastry, combine the flour and 110g butter in a free-standing mixer until the mixture resembles breadcrumbs.

PLETT PLEASURES

Add the icing sugar, salt and 2 egg yolks and mix quickly until the pastry dough comes away from the sides and is well combined. Wrap in cling film and refrigerate to chill, 1 hour.

3 Line 8 greased individual 9cm tart tins with the pastry, trimming any overhang. Prick the bases and return to the freezer until required. Preheat the oven to 180°C.

4 Blind-bake the pastry cases until golden brown, about 10 minutes. Reduce the temperature to 150°C if the pastry cases are getting too dark.

5 For the frangipane lemon custard, cream together the 100g butter and castor sugar until light and fluffy. Add the egg and lemon zest and beat. Add the almonds and mix to combine.

6 For the rhubarb compote, mix the rhubarb with 15ml (1 tbsp) of the 30ml (2 tbsp) sugar.

7 Soak the gelatine in very cold water, 5 minutes. Squeeze out excess water from the gelatine leaves and set aside.

8 In a saucepan, bring the 40ml water to a boil. Add the rhubarb mix and cook until soft, 4 – 5 minutes. Add the remaining sugar. Add the gelatine leaves and stir gently to melt and combine. Pour into a bowl to chill and use as required.

9 For the crème pâtissière, heat the milk with the vanilla pod until bubbling. Remove from heat and set aside to infuse, 1 hour.

10 Beat the 2 egg yolks with the 40g sugar until pale. Add the cornflour and mix.



Edward Zolani Maqegu, Eric Bhokisa, Sifundo Jela, Mathew Gungulu and Glenda Lederle



11 Remove the vanilla pod from the milk and slowly add to the egg mixture while beating. Return to the saucepan and bring to a boil, stirring with a whisk, until the mixture thickens, about 8 minutes. Pour into a clean bowl and allow to cool slightly before stirring in the 15g butter. Cover with cling film, allow to cool, then refrigerate.

12 For the lemon curd, place the 3 eggs, 200g sugar and the lemon juice in a bowl over a pot of boiling water and beat until thick. Using a wooden spoon, continue to stir until the mixture thickens and coats the back of a spoon. Add the lemon zest. Remove from heat. Add the 20g butter and stir to combine. Pour into a sterilised jar and keep in the fridge until ready to use.

13 To assemble the tarts, preheat the oven to 180°C. You can decide how many



of each type of tart you wish to make. For a frangipane tart, fill some of the pastry cases with the frangipane lemon custard mixture. Top some with a fresh fig and others with a poached plum. Bake in the oven until the frangipane is cooked and the fruit is soft, about 15 minutes.

14 For a lemon-curd tart, fill a baked tart base with 30ml (2 tbsp) lemon curd. Glaze with softened apricot jam.

15 For a crème pâtissière tart, fill a case with the crème pâtissière and top with fresh berries of your choice or roasted pineapple. Alternatively, these can be half filled with the rhubarb compote on top of the crème pâtissière.

COOK'S TIP

You can buy ready-made lemon curd if you do not wish to make it from scratch.



*My Sweet Annie
(white-peach bellini)*



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Merry Christmas! Love, F&HE

TIME TO COOK UP

IF YOU'RE STUCK WITH THE SAME OLD RECIPES FOR CHRISTMAS, TRY THESE PICK N PAY CLASSIC DISHES WITH A PROUDLY SOUTH AFRICAN TWIST!

A FEAST

It's all well and good to page through endless recipe books, marking your favourites with yellow Post-its, but, when it comes down to it, you'll probably fall back on the same old dishes.

The festive season calls for tall drinks and long days in the sun – not spending hours agonising over intricate recipes. Make use of these convenient recipe cards from Pick n Pay – there are four scrumptious recipes that combine traditional festive feasts with a delicious twist that won't take up too much of your time.

Wow your guests with two tantalising mains – a very South African Rooibos-glazed gammon and a beer-roasted leg of lamb, served with a side of green-bean salad! End the day off with a cinnamon malva pudding with mango salsa and sorbet.

So, cut them out, stick them on your fridge and voilà, your festive menu is ready to be cooked up and enjoyed!



Pick n Pay
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A *sweet* DEAL

WHEN WE POSED HEAD CHEF MICHAEL DEG AND PASTRY CHEF ANDRÉ STEYN THE CHALLENGE OF REINTERPRETING THE TRADITIONAL CHRISTMAS MINCE PIE, THEY EMBRACED THE TASK WITH THE SAME UNRESERVED ENTHUSIASM, CREATIVITY AND COMMITTED PROFESSIONALISM WITH WHICH THEY MANAGE THE EXCEPTIONAL KITCHEN AT DELAIRE GRAFF ESTATE IN STELLENBOSCH

Brandy-snap mince pies with berry compote (recipe on page 67) served with summer berry sangria

By NATALIE BORUVKA
Mince-pie recipes by MICHAEL DEG and ANDRÉ STEYN
Cocktail recipes and styling by TANYA HEATHCOTE
Photographs by BRUCE TUCK

fact box

- It's an English superstition that, when making fruit mincemeat, one must always stir it clockwise. Stirring it anti-clockwise is supposed to bring bad luck for the year ahead.
- It is believed to be good luck to eat a mince pie each day over the 12 days of Christmas!
- Tradition dictates that you make a wish when eating your first mince pie of the season.



From left: Michael Deg and André Steyn

Seated on the terrace perched above the majestic Banhoek Valley, it is as if the otherworldly views and the meticulously crafted works of edible art compete for visual overload.

The desserts at Delaire Graff Restaurant always make their bid to win. "We are privileged to have someone as talented as [pastry chef] André Steyn in our team," says head chef Michael Deg, who spent 10 years in Ireland gaining his stripes in a number of establishments, some of which are Michelin-starred. "His desserts are pictures of perfection that explode with flavour and, I have to say, I think we have guests who visit us specifically to taste his magical creations." If the delightfully whimsical descriptions, like 'chocolate air, maple-bacon gelato, coconut crèmeux, whisky

jelly, streusel and berry spoom' are anything to go by, it's completely understandable.

As with every item on the menu at Delaire Graff Restaurant, Michael's objective is to serve an impeccably presented journey of vibrant flavours sourced from the freshest local and seasonal ingredients. "We boast incredible farmers who offer world-class produce, so why clock food miles, importing scallops, for example, when we can support an amazing trout farm in Franschoek, which is virtually on our doorstep?" he asks by way of explanation.

The philosophy extends to the estate itself, where produce harvested from the vegetable garden and greenhouse informs the menu on a weekly basis. "In January we'll harvest our tomatoes, so they will feature as a key ingredient across the menu, inspiring dishes like our unusual take on a refreshing gazpacho," says Michael.

First up, though, is Christmas and, while the restaurant won't be serving the ubiquitous mince pie, Michael and André have come up with five imaginative ways to celebrate fruit mincemeat over the festive season. "We didn't find it too hard to think out the box, and some of the recipes are actually inspired by desserts we have had on the menu before," says André, quickly adding that they are all easy enough to make at home.

There's a spin on simple French toast and, if time is an issue, certain ingredients, like the puff pastry and the brandy-snap baskets, can be store bought. "Personally, the Italian kisses are my favourite, because I love any kind of frozen dessert," says André, admitting that his sweet tooth has proved useful for a career in which constant experimenting with varying tastes and textures is essential.

Michael, on the other hand, would opt for warm cherry clafoutis served with home-made vanilla ice cream, although, he admits, André's custard slice infused with toast and served with banana sorbet, praline mousse, caramelised popcorn and coconut crème would be a firm contender.

"Neither of us really eat Christmas mince pies," he laughs, "but, if I were to make them, I'd follow *The Great British Bake Off* host Mary Berry's recipe, because there really is no better reference when it comes to classic baking." The recipe calls for a dollop of cranberry jam on each pastry case before the mincemeat is spooned in, but, as December is cherry season in the Cape, Michael would live out his

professional philosophy by using home-made cherry jam instead.

While Michael and his team of 25 chefs are certain to present an unforgettable six-course tasting menu for lunch on Christmas Day, he says they will tackle the day no differently to any other. "We always strive for exemplary service and we pride ourselves on personalising the dining experience at Delaire Graff," he says. "So, if someone has a dietary constraint or is just not keen on an ingredient we've used, we're happy to amend the dish to their liking."

This follows the estate's vision of making a visit remarkable on every level. It starts as you drive up the pin oak tree-lined driveway and take in founder, Laurence Graff's striking collection of contemporary art, canvassed against beautifully manicured gardens and breathtaking mountain vistas. It continues inside as an extraordinary peach pip-embedded floor guides you through elegant spaces where no detail has escaped attention. And it ends with? Dessert. Of course.

Delaire Graff Restaurant, Delaire Graff Estate, Helshoogte Road, Stellenbosch; 021-885-8160; delairegraff.co.za

Classic mincemeat

Makes 500g **EASY** 10 mins

THE FLAVOUR COMBINATIONS

110g blackcurrants
110g black seedless raisins
110g green apples, chopped
110g sultanas
25g mixed candied peel, chopped
15ml (1 tbsp) brandy
zest and juice of ½ lemon
pinch ground cinnamon
pinch ground nutmeg
pinch ground cloves
110g beef suet (optional; ask your local butcher)

HOW TO DO IT

- 1 Combine everything in a large bowl and mix thoroughly.
- 2 Store in sterilised, airtight containers. This will keep until next Christmas!

COOK'S TIP

This is best made 2 weeks in advance so the flavours can mature.

Brandy-snap mince pies with berry compote

PAIR WITH... Summer berry sangria
In this quirky version of the classic mince pie, we have used a berry compote instead of the traditional filling, with a brandy-snap base and a jelly veil as a lid. This takes a little effort, but will really impress your guests
Makes 5 **A LITTLE EFFORT** 2 hrs
30 mins + 1 hr, to set

THE FLAVOUR COMBINATIONS BERRY COMPOTE

200g castor sugar
100ml water
400g mixed berries (blueberries, cherries, raspberries, strawberries)
juice of 1 lemon



A painting of founder, Laurence Graff



Mince-pie French toast (recipe on page 68) served with iced-coffee cream

BRANDY-SNAP BASKETS

100g butter, melted
100g castor sugar
100g golden syrup
100g cake flour
30ml (2 tbsp) ground ginger
juice of ½ lemon
15ml (1 tbsp) brandy
100g chocolate, melted
100g desiccated coconut

JELLY VEIL

300g mixed red berries (cherries, raspberries, strawberries)
500ml (2 cups) water
juice of 1 lemon
50g sugar
7 x 2,5g gelatine leaves

pomegranate rubies, to garnish (optional)

edible gold glitter, to garnish

HOW TO DO IT

1 For the compote, place the 200g castor sugar and 100ml water in a saucepan over medium heat and cook until the sugar has dissolved. Add the 400g berries and simmer for 5 minutes. When soft, add the juice of 1 lemon, strain and refrigerate until ready to use.

2 Preheat the oven to 180°C. For the brandy-snap baskets, mix together the melted butter, 100g castor sugar and golden syrup in a bowl. Add the flour, ginger, juice of ½ lemon and brandy and whisk until smooth.

3 Place 15cm-round moulds on a greased baking sheet, spacing them 5cm apart. Fill the rings with tablespoonfuls of the brandy-snap

mixture. Smooth with a spatula to 3cm in diameter and bake in the oven until a light caramel in colour, 3 – 5 minutes. Remove from oven and leave on the tray for 30 seconds. Using a palette knife, lift the brandy-snap bases, one at a time, and place in tartlet tins or small cups (about 6cm in diameter and 3,5cm in height). Shape into the moulds and allow to cool on a wire rack. Brush the brandy-snap baskets with the melted chocolate – this will prevent soggy bases. Once almost set, dust with desiccated coconut.

4 For the jelly veil, place the 300g berries, 500ml (2 cups) water, juice of 1 lemon and 50g sugar in a saucepan over very low heat. Allow to infuse and let the sugar dissolve. Remove from heat and let the mixture stand, 1 hour, before straining.

5 Soak the gelatine leaves in cold water, 5 minutes. Once soft, squeeze out the excess water from the gelatine. Place the soaked gelatine leaves in the strained berry mixture and place over very low heat until the gelatine has dissolved. Do not allow it to boil – this will kill the setting agents in the gelatine.

6 Pour the berry mixture into a clean 15cm square tin and refrigerate to set, about 1 hour.

7 Using a 15cm-round cutter (the same size as the brandy-snap basket), cut the jelly so it will sit over the berry compote. Place the cut-outs back in the fridge until needed.

8 To assemble, fill the brandy-snap baskets with the cold berry compote and gently top each with veils. Garnish with pomegranate rubies, if desired, and sprinkle with edible gold glitter to serve.

Mince-pie French toast

PAIR WITH... Iced-coffee cream

Make the ultimate Christmas breakfast with this easy recipe

Serves 4 – 5 **EASY** 20 mins

THE FLAVOUR COMBINATIONS

250g streaky smoked bacon, sliced

30g castor sugar

2 eggs

250ml (1 cup) milk

50ml crème fraîche

60ml (¼ cup) classic mincemeat (see recipe on page 67)

8 slices leftover crusty bread

100g butter

50ml maple syrup





star anise, to garnish
cinnamon sticks, to garnish

HOW TO DO IT

- 1 Grill the bacon under a hot grill until crispy, about 10 minutes.
- 2 Make the batter by mixing together the sugar and eggs. Add the milk and crème fraîche and mix to combine. Stir the mincemeat into the batter.
- 3 Soak the bread slices in the batter, about 30 seconds.
- 4 Heat the butter in a non-stick frying pan over low heat and fry the soaked bread slices until golden brown on both sides.
- 5 Serve the French toast with a good drizzle of maple syrup and a couple of rashers of crispy bacon. Garnish with star anise and cinnamon sticks.

COOK'S TIP

Try getting hold of some brioche to make an even more decadent version.

Mince-pie roulade

PAIR WITH... Ginger-preserve cocktail
This could be an easy dessert or part of a Christmas afternoon-tea snack
Serves 4 – 6 **EASY** 45 mins

THE FLAVOUR COMBINATIONS

180g honey
50ml water
1 x 400g roll ready-made puff pastry, defrosted
200g classic mincemeat (see recipe on page 67)



Mince-pie Madeleines served with sweet black tea cocktail

HOW TO DO IT

- 1 Preheat the oven to 200°C. Make the honey glaze by boiling the honey with the water in a saucepan until the honey incorporates the water, about 5 minutes.
- 2 Roll out the puff pastry to 0,5cm thickness. Spread the mincemeat over the puff pastry, leaving a little space around the edges. Roll up the roulade, then slice into your preferred thickness. Transfer to a lined baking sheet and brush with the honey glaze. Bake in the oven until golden brown, 20 minutes.

COOK'S TIP

This is delicious served with vanilla cream – just fold the seeds of 1 vanilla pod into some whipped cream.

Mince-pie Madeleines

PAIR WITH... Sweet black tea cocktail
This would be a fantastic way to end your Christmas feast
Makes 30 **EASY** 30 mins

THE FLAVOUR COMBINATIONS

2 large eggs
70g castor sugar
15g brown sugar
pinch salt
90g cake flour
2,5ml (½ tsp) baking powder
90g butter, melted
60ml (¼ cup) classic mincemeat (see recipe on page 67)

icing sugar, to dust

HOW TO DO IT

- 1 Preheat the oven to 220°C. Grease 2 mini Madeleine trays with cooking spray.
- 2 Beat the eggs, sugars and salt together until pale.
- 3 Sift the flour and baking powder into the egg mixture and mix thoroughly. Mix in the butter and mincemeat.
- 4 Place the mixture in a piping bag and pipe into the Madeleine moulds. Bake in the oven, 5 – 6 minutes. Remove from oven and allow to cool on a wire rack. Serve with a dusting of icing sugar.

Mince-pie kisses

PAIR WITH... Clockwork orange
This is a new take on the classic Italian kisses and would make great petits fours for after your Christmas dinner
Makes 20 **A LITTLE EFFORT** 30 mins + overnight, to set and dry out

THE FLAVOUR COMBINATIONS MINCE-PIE ICE CREAM

500ml (2 cups) milk
125g castor sugar
6 egg yolks
60ml (¼ cup) classic mincemeat (see recipe on page 67)

GANACHE

150ml fresh cream
750g dark chocolate, finely chopped
35ml brandy
225g butter

200g fresh raspberries, dried out in a 60°C oven overnight, blended to a fine dust and sifted, to serve

100g shelled pistachios, dried out in a 120°C oven for 30 minutes, cooled for 10 minutes before blending to a fine dust and sifted, to serve

HOW TO DO IT

- 1 For the ice cream, place the milk in a saucepan over medium heat and slowly bring to a boil.
- 2 Meanwhile, whisk the sugar and egg yolks together until light and fluffy. Pour the boiling milk slowly into the egg mixture, whisking continuously. Pour back into the saucepan and cook over low heat, stirring continuously until the mixture coats the back of a spoon, about 5 minutes. Pass through a sieve into a bowl and set over ice to chill. Churn in an ice-cream machine according to manufacturer's instructions. Just before it sets, stir in the mincemeat. If you do not have an ice-cream machine, place in a freezer-proof container and put in the freezer. Stir every 30 minutes to break up any ice crystals. Just before frozen, stir in the mincemeat, then allow to freeze overnight.
- 3 For the ganache, bring the cream to a boil. Once boiling, remove from heat and slowly add the chocolate, whisking continuously. Add the brandy, then

the butter, a little at a time, whisking continuously to form a smooth ganache. Allow to cool and set a little.

- 4 While the ganache is cooling, use a melon baller to scoop the ice cream into balls. Place in the freezer.
- 5 Use a toothpick to dip the frozen ice-cream balls into the ganache to coat completely, then quickly return to the freezer to set.
- 6 Once set, roll in the raspberry or pistachio dust. You can also keep some plain. Freeze until ready to serve.

COOK'S TIPS

Always keep ice cream at 14°C. Use leftover ganache to make chocolate truffles. If pressed for time, you can use store-bought ice cream – just soften it before adding to the mincemeat.



Mince-pie kisses served with clockwork orange



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Recipes and styling by CLAIRE FERRANDI
Assisted by NOMVUSELELO MNCUBE
Photographs by GRAEME WYLLIE

Props courtesy of Oddzbin, Le Creuset and Adams Discount Centre. See stockists' directory on page 124 for details.



Sticky maple and ginger-glazed pork belly with crunchy crackling and hot English mustard

This is the ultimate fuss-free, maximum-result-with-minimum-toil Christmas roast. It's fabulous as a main course, or try it sliced into bite-sized pieces and served as a little nibble before Christmas lunch begins!

Serves 6 **EASY** 2 hrs

THE FLAVOUR COMBINATIONS PORK BELLY

1,5kg pork belly, bone in
fine salt, to taste
handful fresh thyme sprigs
5 garlic cloves, unpeeled
250ml (1 cup) white wine

MAPLE-GINGER GLAZE

100ml maple syrup

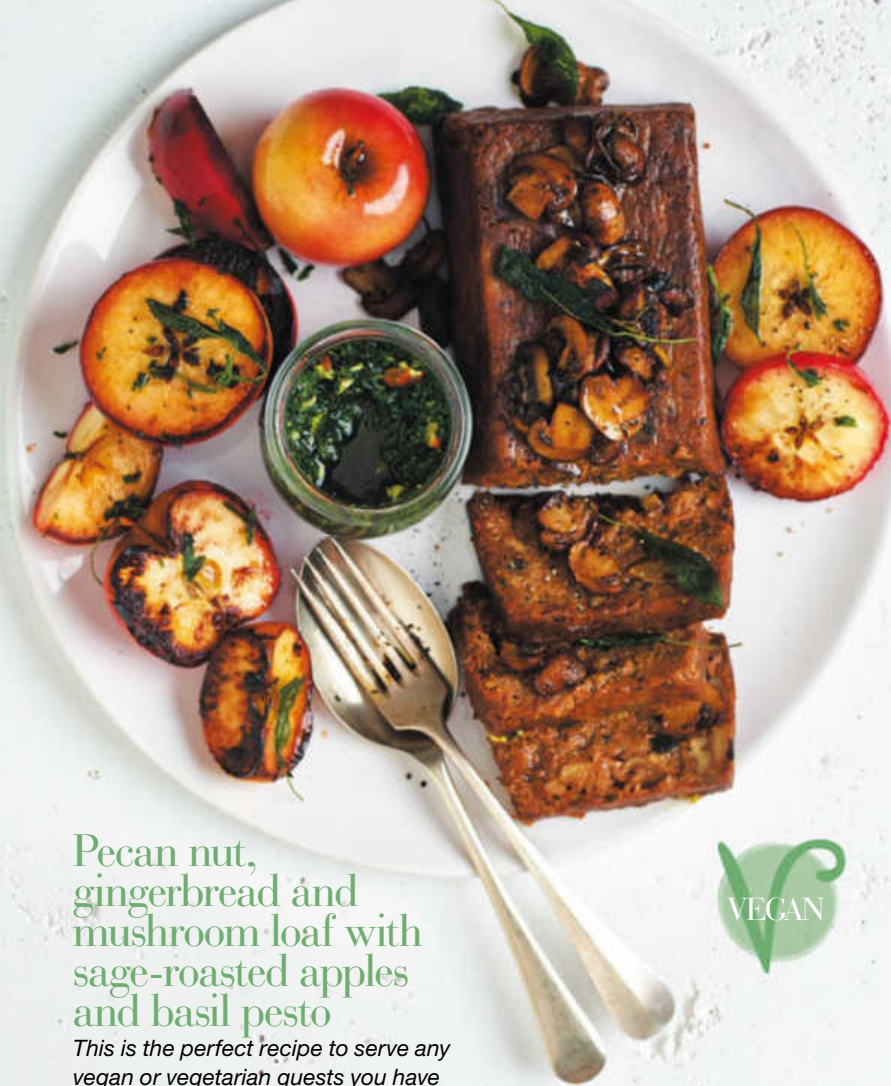
50ml ginger-preserve syrup (serve the ginger pieces on your next cheeseboard)

hot English mustard, to serve
Maldon Sea Salt, to sprinkle

HOW TO DO IT

- 1 Preheat your oven to its hottest setting – this is the secret to super-crunchy crackling! Our hottest setting was 230°C. Place your pork belly in a roasting tray, score the skin and rub the skin with salt. Allow the salt to draw out the moisture, 10 minutes. Blot the skin with paper towel – make sure it is very dry.
- 2 Place the pork in the hot oven and roast until the skin becomes golden, puffed and crunchy, about 35 minutes. Remove from oven and turn the oven down to 180°C. Add the thyme, garlic cloves and wine to the roasting tray, return to the oven and roast until the meat is cooked through, 1 hour – 1 hour and 15 minutes.
- 3 While the meat cooks, make the glaze by combining all of the ingredients.
- 4 To serve, cut the base of the pork belly off to remove the bones (discard these) and slice up. Brush each slice generously with the maple-ginger glaze, sprinkle with Maldon Sea Salt and serve with hot English mustard for dipping.





Pecan nut, gingerbread and mushroom loaf with sage-roasted apples and basil pesto

This is the perfect recipe to serve any vegan or vegetarian guests you have around your Christmas table. In fact, you may want to make two loaves as you'll have a hard time keeping your carnivorous guests from indulging too!

Serves 6 **A LITTLE EFFORT** 2 hrs 30 mins

THE FLAVOUR COMBINATIONS GINGERBREAD

oil, to grease
190g cake flour
2,5ml (½ tsp) bicarbonate of soda
2,5ml (½ tsp) ground ginger
2,5ml (½ tsp) ground cinnamon
1,25ml (¼ tsp) ground allspice
pinch ground cloves
pinch salt
60g vegetable shortening, softened
70g demerara sugar
zest of 1 lemon
125ml (½ cup) molasses
5ml (1 tsp) apple cider vinegar
125ml (½ cup) boiling water

PECAN NUT, GINGERBREAD AND MUSHROOM LOAF

30ml (2 tbsp) olive oil
2 onions, peeled and finely chopped
1 garlic clove, peeled and minced
small handful fresh sage leaves, torn

small handful fresh thyme leaves
160g portabellini mushrooms, sliced
gingerbread
50g pecans, roughly chopped
80g pecans, blended to a fine crumb
500ml (2 cups) almond milk
salt and freshly ground black pepper, to taste

ROASTED APPLES

4 Pink Lady apples, some halved and others quartered
60ml (¼ cup) olive oil
small handful fresh sage leaves

BASIL PESTO

2 handfuls fresh basil leaves
60ml (¼ cup) olive oil
50g almonds

sautéed sliced mushrooms, to garnish
deep-fried sage leaves, to garnish

HOW TO DO IT

1 Preheat the oven to 180°C. Grease a 20cm-square baking tin with oil and line the base.

2 For the gingerbread, sift together the flour, bicarbonate of soda, spices and salt.

3 Using electric beaters, cream the shortening and sugar together until light and fluffy. Beat in the lemon zest. Gradually add the flour mixture and beat until smooth.

4 Combine the molasses, vinegar and boiling water in a bowl and mix well. Gradually stir this mixture into the batter. Pour the batter into the prepared baking tin and bake in the oven until a skewer inserted into the centre comes out clean, 30 – 35 minutes. Remove from oven (leave the oven on) and allow the gingerbread to cool completely.

5 For the pecan nut, gingerbread and mushroom loaf, grease and line a standard loaf tin. Heat the 30ml (2 tbsp) olive oil in a pan over low heat and sauté the onions and garlic with the torn sage and thyme, 10 minutes. Remove the mixture from the pan and place in a large bowl.

6 Heat the same pan over high heat and add the mushrooms. Stir often until cooked, 5 minutes.

7 Crumble all of the cooled gingerbread into the onion mixture, add the cooked mushrooms, chopped and ground pecans and almond milk and combine well. Season to taste and pour into the prepared loaf tin. Bake in the oven, about 1 hour and 15 minutes.

8 For the apples, toss the apples with the 60ml (¼ cup) olive oil and sage and season to taste. Roast in the oven with the loaf, 30 minutes.

9 For the basil pesto, blitz together all of the ingredients until almost smooth.

10 Serve the loaf topped with sautéed sliced mushrooms and deep-fried sage leaves. Add a side of roasted apples and basil pesto to finish.

COOK'S TIP

If you're pressed for time and cooking for vegetarians – who eat butter and eggs – simply buy a pre-made gingerbread loaf (about 400g). Crumble and use the crumbs instead of making your own vegan gingerbread.



Baby marrow and cream cheese-stuffed deboned chicken with summer greens and herb butter

This is a lighter, fresher take on Christmas fare – perfect for those who find traditional roasts and accompaniments too rich. Ask your butcher to debone your chicken for you, but do this a few days before you plan to serve it as most butchers will need a little time

Serves 4 – 6 **A LITTLE EFFORT**
1 hr 15 mins

THE FLAVOUR COMBINATIONS BABY MARROW STUFFING

olive oil, to fry
1 onion, peeled and finely diced
1 garlic clove, peeled and minced
100g baby marrows, grated
30g Parmesan, grated
60g dried breadcrumbs

90g cream cheese, softened
30ml (2 tbsp) chives, chopped
salt and freshly ground black pepper, to taste

1 chicken, tunnel deboned with leg bones still in
1 garlic clove, peeled and cut in half
large knob butter, softened
fresh thyme leaves, to sprinkle

HERB BUTTER

120g butter, softened
handful fresh parsley, roughly chopped
handful chives, chopped

SUMMER GREENS

200g asparagus, blanched
180g fine beans, blanched
120g fresh peas, blanched
120g sugar snap peas, blanched

lemon wedges, to serve

HOW TO DO IT

- 1 Preheat the oven to 180°C. For the stuffing, heat a little olive oil in a pan over low heat and sauté the onion and minced garlic until soft, 10 minutes. Combine with the remaining stuffing ingredients and season to taste.
- 2 Stuff your deboned chicken with the stuffing and truss the legs using string. Rub the chicken skin with the garlic-clove halves and butter and sprinkle with thyme leaves. Roast your chicken in the oven until the skin is golden and a small incision on the thigh reveals that the juices run clear, about 1 hour.
- 3 While the chicken roasts, make the herb butter by combining all of the ingredients and seasoning to taste.
- 4 Serve the chicken with room-temperature summer greens, herb butter and lemon wedges for squeezing.

Honey-glazed duck with rosemary-roasted grapes and prosciutto-wrapped potato wedges

Many home cooks find the idea of roasting a duck intimidating, but this recipe makes it just as simple as roasting a chicken!

Serves 8 **A LITTLE EFFORT** 3 hrs

THE FLAVOUR COMBINATIONS PROSCIUTTO-WRAPPED POTATO WEDGES

700g potatoes, parboiled, some cut into wedges and others cut out using a star cutter (if desired)
olive oil, to drizzle
salt and freshly ground black pepper, to taste
140g prosciutto, cut into strips

DUCK

1,5kg – 2kg duck, fully defrosted if frozen

1 onion, peeled and quartered
3 cinnamon sticks
3 star anise
handful fresh thyme sprigs
¼ lemon
4 garlic cloves, peeled and halved
large knob butter, softened

ROSEMARY-ROASTED GRAPES

500g red grapes
small handful fresh rosemary needles
olive oil, to drizzle

honey, to glaze
fresh bay leaves, to garnish (optional)

HOW TO DO IT

1 Preheat the oven to 200°C. For the potato wedges, place the potatoes on a roasting tray, drizzle with the olive oil and season well to taste. Roast in the oven until golden and crispy, 40 minutes. Remove from oven, turn the oven down to 180°C and set the potatoes aside.

2 For the duck, remove the wing tips from your duck. Stuff the cavity with the onion quarters, cinnamon sticks, star anise, thyme, lemon quarter and 3 of the garlic cloves. Truss the duck with string and rub the skin all over with the remaining garlic clove. Rub the skin with the butter, generously season and rub the seasoning into the skin. Place the duck in the oven and roast, 30 minutes per 500g.

3 While the duck roasts, make the grapes. Place the grapes in a roasting tray and toss in the rosemary and a little olive oil. Season well to taste.

4 Wrap the potato wedges in prosciutto strips. Pop the potatoes and grapes into the oven with the duck, 30 minutes before the end of the duck's cooking time – this way, everything will be hot and ready to be served at the same time. Brush the duck skin with honey, then brush again 10 minutes before the end of the cooking time.

5 Carve the duck and serve with all of the trimmings. Garnish with fresh bay leaves, if desired.





Kale, almond & feta-stuffed fillet with Parmesan and parsley cream

This fillet can be stuffed a day in advance and is equally delicious braai'd over hot coals as it is browned in a pan

Serves 6 – 8 **A LITTLE EFFORT**
45 mins

THE FLAVOUR COMBINATIONS STUFFED FILLET

- 1 bunch kale leaves, stalks removed
- 30ml (2 tbsp) olive oil
- 2 onions, peeled and finely chopped
- 2 garlic cloves, peeled and minced
- 2 feta wheels, crumbled
- 150g dried breadcrumbs
- 100g almonds, roughly chopped

salt and freshly ground black pepper, to taste

1 whole fillet, cleaned, cut in half widthways and tails trimmed off
30ml (2 tbsp) olive oil

PARMESAN AND PARSLEY CREAM
500ml (2 cups) double cream
60g Parmesan, grated
large handful fresh parsley, roughly chopped

HOW TO DO IT

- 1 For the fillet, pour boiling water over the kale leaves to soften them. Drain and set aside.
- 2 Heat the 30ml (2 tbsp) olive oil in

a pan over low heat and sauté the onions and garlic until soft, 10 minutes.

3 Place the kale leaves and onion mixture in a blender and blitz until smooth.

Combine the kale mixture with the feta, breadcrumbs and almonds and season well to taste.

4 Place 1 fillet half on a chopping board. Slice lengthways down the middle of the fillet, stopping 2cm from the one side, to form a pocket. Open the fillet up like a book and place a strip of stuffing down the 'spine' of the book. Carefully roll up the fillet around the stuffing so that the stuffing sits in a neat circle in the centre. Tie the fillet with several pieces of string to secure. Repeat with the other fillet half and refrigerate until needed.

5 Just before cooking, rub the fillet halves with the 30ml (2 tbsp) olive oil and season well to taste. Heat a pan until smoking hot or prepare a hot braai. Brown the fillet, 3 minutes per side or until cooked to your liking.

6 Allow the fillet to rest for 10 minutes while preparing the Parmesan and parsley cream. Heat the cream in a small saucepan until just before boiling point. Remove from heat, stir in the Parmesan and parsley and season to taste.

7 To serve, slice the fillet into rounds and serve with the Parmesan and parsley cream.





Oh, oh, CHRISTMAS TREE

THIS YEAR, GIVE THE TRADITIONAL TREE A MUCH-DESERVED REST AND CREATE A UNIQUE, CONTEMPORARY FESTIVE DESIGN FOR YOUR HOME USING EVERYDAY OBJECTS

Styling by ELSJE VAN ZYL
and JACQUES ERASMUS
Photographs by ELSJE VAN ZYL
and MYBURGH DU PLESSIS

What you need

A wooden palette or planks,
a long piece of string,
crocheted stars, thumb tacks,
a few Christmas baubles,
pine cones and any other
accessories you can find.

Building your tree

Use the thumb tacks to shape
the string into a tree and
secure to the wooden planks
or palette. Hang the stars
and baubles along the string
tree and arrange the other
accessories around the base,
along with your presents!

What you need

A stepladder, assorted fairy lights, Chinese lanterns, a moss-covered bunny or 'tree-top' ornament of your choice and a heart-shaped lantern.

Building your tree

Find a spot for your stepladder and arrange the lights, baubles and lanterns as desired.



An assortment of different-sized books, a long string of pearls or beads, beaded fairy lights, a wooden star, as well as a variety of Christmas characters and decorations.

Pile your books flat, from large to small, on a shelf, forming a tree shape. Drape with fairy lights and a string of pearls or beads. Place your Christmas decorations around the base.



What you need

Chalk and a chalkboard (you can make a home-made version by painting a surface with chalkboard paint), silver adhesive stars, a wooden crate and fresh herbs or flowers, like rosemary.

Building your tree

Place your wooden crate against a wall. Using the chalk, draw a free-hand Christmas tree on the chalkboard. Decorate with the silver stars and place the chalkboard on top of the crate, leaning against the wall. Decorate the crate with fresh herbs or flowers and other festive objects.

What you need

A wall of shelving units, an assortment of crockery in a contrasting colour to your wall, as well as attractive ornaments and organics.

Building your tree

Use large dinner plates to create the outline of a Christmas tree along the various shelves. Fill in the 'branches' with the remaining crockery, ornaments and organics.



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IN ROSEBANK

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Bookings can be made by contacting Valentina Marmouget on 011-280-1172 or valentina.marmouget@hyatt.com.
johannesburg.regency.hyatt.com

THE PRIZE

A luxury weekend pamper break for two at the Hyatt Regency Johannesburg in Rosebank, to the value of R30 780.

The prize includes:

- A Saturday-night stay for two in the Presidential Suite at Hyatt Regency, Rosebank, inclusive of all Regency Club benefits (go to foodandhome.co.za for details).
- Three-course dinner for two in the hotel's signature restaurant, **oneneone**, inclusive of soft drinks, tea and coffee (excludes alcoholic beverages).
- Full English breakfast for two in **oneneone** restaurant, served between 6:30am and 10:30am.
- Light lunch for two in the Lobby Lounge, inclusive of soft drinks, tea and coffee (excludes alcoholic beverages).
- A 60-minute Couples Massage at Amani Spa.



TO ENTER

SMS 'LUXURY' followed by your name, ID number and postal address to 48405. Each SMS costs R1,50 and free SMSs do not apply.

Competition closes on 31 December 2015. The prize cannot be transferred to cash and is not exchangeable. Booking to be made a minimum of seven days in advance and is subject to room-, restaurant- and spa availability. Visit foodandhome.co.za for Terms and Conditions.



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By TARA BEAN Recipes by NATALE SCHOTTI
Photographs by BRUCE TUCK



Summer in Cape Town means it's the Grand Africa Café & Beach's time to shine! A rustic Granger Bay warehouse, with its glittering chandeliers and tables sprawled

Rather than interfere with the natural flavours of food, Natale uses a touch of playfulness to enhance them with the right mix of ingredients, leaving a twist of mystique with "flavours customers remember, which are given a different coat".

Her extensive knowledge of food is evident in how she enhances meals in

1 green chilli
1,25ml (¼ tsp) white pepper
125ml (½ cup) sparkling water
30ml (2 tbsp) lemon juice
water, if needed
200g mayonnaise/creamy salad dressing of your choice
salt, to taste

A GRAND AFFAIR

across white beach sand, looks out across the sparkling Atlantic ocean. The view may be breathtaking, but be prepared to have each of your senses ignited – from the heavenly culinary flavours and the feeling of the sand between your toes, to the sound of lapping waves and the salty scent of a sea breeze. It's truly a magical place to eat, drink, sit back and sink into that holiday feeling...

While the Grand Africa Café & Beach's aesthetics and location will certainly draw you in, the food will be the final touch to a memorable time. Executive chef Natale Schotti, who trained at Academia Barilla (The Italian Food Academy) in Parma, Italy, discovered a love for food as a child while cooking with her grandfather. She believes that "food must be an experience, not just a destination; it needs to have a 'wow' factor to make the customers wonder." This summer, she is going local for creative direction, saying, "I'm proud of what's happening at the moment. We, as South Africans, don't need to follow overseas trends anymore. We can set our own!"

Natale wants us to open our minds – to explore the possibilities of simple, fresh ingredients. Her love begins with the basics, like top-quality olive oils and infused salts... but, thyme is where her heart is this season. "It's time for thyme!" she declares with a flourish.

the purest ways, using local produce and enticing customers to indulge their curiosities. "Experiment with what we have locally – don't always go for the Norwegian salmon."

Natale's fresh approach to the classics makes the Grand Africa & Beach's menu light, fun and intriguing – from the salad gazpacho and prawn popcorn, to a fennel, rock salt-encrusted whole yellowtail baked in the pizza oven. She is most excited about a little addition to the pizza menu – namely the 'Surf and Turf', of pulled pork belly and octopus!

Summer is here – time to enjoy it, savour it and set your senses adrift! Natale ends by saying, "Nothing makes me prouder than people falling in love with food; like a great first date!"

Grand Africa Café & Beach,
Haul Road, V&A Waterfront,
Cape Town; 021-425-0551;
grandafrica.com

Garden lettuce gazpacho with prawn popcorn

Serves 4 **EASY** 30 mins + 1 hr, to refrigerate

THE FLAVOUR COMBINATIONS GARDEN LETTUCE GAZPACHO

1 onion, peeled and finely grated
60ml (¼ cup) celery leaves, chopped
60g fresh fennel/dill leaves
½ medium iceberg lettuce, chopped
2 green peppers, seeded and chopped

PRAWN POPCORN

500g prawn meat (substitute with lobster meat, if desired), chopped and blanched
4 eggs
5ml (1 tsp) cajun spice
20g chives, chopped
60g rocket, chopped
250g Asian tempura flour, seasoned with salt and freshly ground black pepper
oil, to deep-fry

fresh herbs/salad leaves, to garnish
Melba toast, to serve

HOW TO DO IT

1 For the gazpacho, blitz all of the ingredients – except the mayonnaise or salad dressing and salt – together in a blender, adding a little water if needed. Pour into a bowl and whisk in the mayonnaise or salad dressing. Season to taste and refrigerate, at least 1 hour before serving.

2 For the prawn popcorn, combine the prawn meat, eggs, cajun spice, chives and rocket. Using your hands, shape teaspoonsfuls of the mixture into balls and roll in the tempura flour.

3 Heat the oil in a deep-fryer or deep pot to 180°C. Fry off the prawn popcorn in small batches until golden brown. Drain on paper towel and keep warm.

4 Pour the soup into glasses or bowls. Serve topped with fresh herbs or salad leaves, Melba toast and a side of prawn popcorn.



Trout tartare with chilled cucumber

Serves 4 **EASY** 45 mins

THE FLAVOUR COMBINATIONS

½ cucumber, peeled
pinch salt
200g trout, filleted, skinned and cut into small cubes
1 spring onion, finely sliced
½ large tomato, skinned, seeded and cut into very small cubes
15g chives, chopped
25ml (5 tsp) sesame oil
zest and juice of ½ lemon
pinch white pepper

extra virgin olive oil, to drizzle
small handful fresh dill, to garnish

HOW TO DO IT

- 1 Slice the peeled cucumber into thin slices (lengthways or across, according to your preference). Place on a tray, sprinkle with the salt and place in the freezer. Remove 30 minutes before serving.
- 2 Combine the trout, spring onion, tomato, chives, sesame oil, lemon zest and juice and white pepper in a non-reactive bowl (glass or plastic).
- 3 Divide the trout tartare into four portions. Place on four plates and drizzle with a little olive oil. Serve with a side of chilled cucumber and garnish with dill.

Rice wraps with crispy oysters and spring vegetables

Serves 4 **EASY** 30 mins

THE FLAVOUR COMBINATIONS

DIPPING SAUCE

100ml MCC/sparkling wine
zest and juice of 1 lemon
15ml (1 tbsp) brown mustard seeds
10ml (2 tsp) Dijon mustard
2 garlic cloves, peeled and grated
80ml (⅓ cup) olive oil
salt and freshly ground black pepper, to taste
pinch ground cumin
pinch ground allspice
½ red chilli, chopped/1,25ml (¼ tsp) dried chilli flakes
15ml (1 tbsp) honey

15ml (1 tbsp) fresh basil, chopped

RICE-PAPER WRAPS

oil, to fry
12 oysters, removed from shells
25g rice flour
1 bunch radishes, finely sliced
30g baby spinach
30g fine green beans
½ small red onion, peeled and sliced
10g large black mushrooms, sliced
10g fresh basil leaves
1 large carrot, grated
6 rice-paper wraps, soaked according to packet instructions and placed on a damp kitchen towel on a clean work surface

HOW TO DO IT

- 1 For the dipping sauce, whisk all of the ingredients together in a bowl and refrigerate for at least 30 minutes before serving.
- 2 For the wraps, heat the oil in a pan over high heat. Dust the oysters in the rice flour and flash-fry, 30 seconds. Drain on paper towel.
- 3 Place all of the vegetables and the basil in a bowl and toss to combine.
- 4 Place some vegetables and crispy oysters on a rice-paper wrapper and wrap up like a sausage, tucking in the ends. Repeat with the remaining rice-paper wrappers and ingredients. Slice the wraps in half and serve with the chilled dipping sauce.

Salt-baked yellowtail

Serves 4 **EASY** 45 mins

THE FLAVOUR COMBINATIONS

1kg coarse sea salt
2 extra-large egg whites
30ml (2 tbsp) fennel/coriander seeds
15ml (1 tbsp) white pepper
60g fresh dill, chopped + extra, to garnish
4 dried bay leaves, crushed
zest of 1 lemon
zest of 1 orange
600g yellowtail loin, skin on
30g fresh coriander, chopped
30g fresh parsley, chopped

mashed potatoes, to serve
lemon wedges, to serve

fresh dill, to garnish
caperberries, to garnish

HOW TO DO IT

- 1 Preheat oven to 200°C. Place the salt in a bowl along with the egg whites, fennel or coriander seeds, pepper, dill, bay leaves and zests. Stir to combine – the mixture should look like damp sand.
- 2 Cut a pocket into the fish and stuff with the coriander and parsley. Place two thirds of the salt mixture on a large baking tray. Top the salt bed with the stuffed fish and pack tightly with the remaining salt to form a crust. Sprinkle with a little cold water and bake in the oven, 15 minutes. Insert a very sharp knife through the salt crust into the fish. Touch the knife with your finger then carefully put the knife to your lips – if it is hot, the fish is cooked. It is important to touch the knife with your finger first to avoid burning your lips! Remove from oven and allow to rest, 10 minutes.
- 3 Crack the salt layer and carefully remove the crust from the fish. Serve with a side of mashed potatoes and lemon wedges for squeezing. Garnish with fresh dill and a caperberry.

West Coast mussels poached in beer and wine

Serves 4 **EASY** 30 mins

THE FLAVOUR COMBINATIONS

30g butter/30ml (2 tbsp) coconut oil
100g onion, peeled and chopped
4 garlic cloves, peeled and sliced
2 dried bay leaves
½ red chilli, chopped
15ml (1 tbsp) paprika
zest of 1 lemon
60ml (¼ cup) beer
250ml (1 cup) dry white wine
15ml (1 tbsp) black pepper
1kg mussels, cleaned or on the half shell, if preferred
50ml fresh cream
large handful fresh parsley, chopped

lemon wedges, to serve

HOW TO DO IT

- 1 For the mussels, melt the butter or

FISH FEAST



West Coast mussels poached in beer and wine (recipe on page 89)



coconut oil in a saucepan over medium heat. Add the onion, garlic, bay leaves, chilli, paprika, lemon zest and beer and allow to cook, 1 minute. Add the wine, season with the pepper and bring to a boil, 5 minutes. Stir in the mussels, cover, shake the pot and allow to boil, 1 minute. Stir then replace the lid and cook for a further 2 minutes. The shells will begin to open (stop cooking now if you are using half shells). Discard any mussels that do not open. Stir in the cream and parsley.

2 Spoon onto a platter and serve with the lemon wedges for squeezing.

Butter-poached hake with carrot purée and anchovy chips

Serves 4 **EASY** 45 mins

THE FLAVOUR COMBINATIONS

ANCHOVY CHIPS

1 large sweet potato
6 white anchovies
15ml (1 tbsp) oil
salt and freshly ground black pepper, to taste
handful fresh thyme leaves + extra, to garnish

CARROT PURÉE

1 dried bay leaf
strip lemon peel

pinch turmeric
500g large carrots, peeled and chopped
2 garlic cloves, peeled and grated
500ml (2 cups) vegetable/chicken stock
2,5ml (½ tsp) salt
60ml (¼ cup) coconut cream/fresh cream
60g butter/60ml (¼ cup) coconut oil

BUTTER-POACHED HAKE

30ml (2 tbsp) oil of your choice
½ white onion, peeled and grated
2 dried bay leaves
2 garlic cloves, peeled and grated
1,25ml (¼ tsp) white pepper
200ml dry white wine
300ml fish stock
15ml (1 tbsp) fresh parsley, chopped
450g cold butter, cut into small cubes
4 x 200g hake loins/4 baby hake portions
zest and juice of 1 lemon
pinch cayenne pepper

caperberries, to garnish
lemon wedges, to serve

HOW TO DO IT

1 Preheat the oven to 230°C and line a baking tray with baking paper or foil.
 2 For the anchovy chips, use a very sharp knife or mandoline to slice the potato thinly. Make 3 long incisions in each slice and thread through the

anchovies, like lattice work. Lightly oil the potato slices, season to taste and bake until golden and crispy, 10 – 15 minutes. Remove from oven and sprinkle the chips with thyme leaves.

3 For the carrot purée, place the bay leaf, lemon peel, turmeric, carrots, 2 grated garlic cloves, 500ml (2 cups) stock and salt in a pot over medium heat and simmer until the carrots are tender, 15 – 20 minutes. Remove the lemon peel and bay leaves. Purée the mixture with the coconut cream or fresh cream and 60g butter or 60ml (¼ cup) coconut oil.

4 For the hake, heat the oil in a pan over medium heat. Add the onion, 2 bay leaves, 2 grated garlic cloves and white pepper and sauté. Add the wine and reduce by two thirds, about 10 minutes. Add the 300ml fish stock and parsley and bring to boil, then reduce the heat to a low simmer. Add the 450g butter, 1 cube at a time. Remove the sauce from the heat and blend until smooth. Return the mixture to the pan over low heat, place the fish in the sauce and gently poach, 15 minutes. Remove the fish from the pan and pat dry. Sprinkle over the lemon zest and juice and pinch of cayenne pepper.

5 Serve the hake on top of the carrot purée. Add a side of chips and garnish with caperberries and thyme. Add some lemon wedges for squeezing.



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BROTHERS HUGO AND LOUIS AYO ARE DELIGHTFUL, FUNNY, WELL-MANNERED AND FLUENT IN FRENCH! TOGETHER WITH THEIR EXPAT PARENTS, THEY'RE SLOWLY MAKING THEIR WAY THROUGH THE CULINARY DELIGHTS OF SA

By TARYN DAS NEVES Recipe and styling by CLAIRE FERRANDI Photographs by ANNALIZE NEL

Hugo, 14, is currently finishing grade 8 at Michaelhouse and loves to partake in our national summer sport – cricket – while counting down the days until he can pop home for his mom's amazing cooking. Louis, eight, will be starting grade 3 at

Dainfern College, Joburg, in the New Year. He's mostly occupied with drumming and hip-hop dance classes, which perfectly suit his colourful personality.

Louis is also the more passionate cook out of the siblings and loves to indulge in making crêpes, "just like the French do it," he says, as well as making pizza.

Hugo, on the other hand, loves ribs, and declares Turn 'n Tender's the best he's had in Joburg. But, he agrees with his brother on their "mom's lasagne, Puerto Rican chicken and chocolate fondants" as being firm family favourites.

While Hugo was born in France and Louis in the UK, the family often return to their home region of Limousin, between Paris and Toulouse, for Christmas, where they make a traditional French yule log for dessert.

Excited to get into Christmas character as they cooked for us, the boys shared what they love most about Christmas: "It has to be the food, family reunions and snow." "And presents," adds Louis with a grin.

Yule log with white chocolate and raspberries

This cake is a delicious festive treat that kids will love baking themselves! We've added a little white chocolate and raspberries to make it extra-special

Serves 8 – 10 **A LITTLE EFFORT**

1 hr + cooling time

THE FLAVOUR COMBINATIONS CAKE

6 eggs, separated
160g castor sugar
50g cocoa powder, sifted
5ml (1 tsp) vanilla essence
pinch salt

WHITE-CHOCOLATE GANACHE

160ml fresh cream
300g white chocolate, chopped

CHOCOLATE ICING

250g butter, softened
50g cocoa powder, sifted
500g icing sugar, sifted + extra, to dust
5ml (1 tsp) vanilla essence
pinch salt
a little water, if required

125g fresh raspberries

HOW TO DO IT

1 For the cake, preheat the oven to 180°C. Grease and line a 38cm x 27cm shallow baking tray. Place the egg whites in a free-standing mixer and whisk to soft peaks. Tip in 50g of the castor sugar and continue to whisk until the mixture holds a peak, but is not dry. Set aside for a moment.

2 Place the egg yolks and remaining castor sugar in a free-standing mixer and beat until pale and fluffy. Fold the 50g cocoa powder, vanilla essence and salt into the egg-yolk mixture until combined.

3 Gently fold half of the egg whites into the egg-yolk mixture until combined, then fold the other half in gently. Pour the



mixture into the prepared baking tray and bake in the oven, 20 – 25 minutes. Turn the cake out onto a clean tea towel and allow to cool completely while making the ganache and icing.

4 For the ganache, heat the cream in a saucepan until just before boiling point. Remove from heat and pour over the white chocolate. Stir until a smooth ganache forms. Set aside.

5 For the chocolate icing, beat the butter, 50g cocoa powder and 250g of the icing sugar in a free-standing mixer. When smooth and combined, add the remaining





icing sugar and beat until smooth and well combined. Add a little water if necessary to ensure the icing is of a spreadable consistency.

6 To assemble the yule log, trim the short edges of the cake at a slight angle and reserve the offcuts as 'branches'. Spread the log and branches with the soft white-chocolate ganache and sprinkle with raspberries.

7 Carefully roll up the yule log and branches, individually, like Swiss rolls.

8 Place the log on a plate or board. Position the branches off the large log. Ice the cake with the chocolate icing, using sweeping motions to create some texture like a tree-bark effect.

9 Dust the yule log with icing sugar to serve.





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POPS OF summer

Piña-colada popsicles

These are the popsicle equivalent of the quintessential cocktail and are a perfect summer treat for adults
Makes 6 – 8 popsicles **EASY** 15 mins + cooling time + freezing time

THE FLAVOUR COMBINATIONS

½ medium pineapple, peeled
115g sugar
zest and juice of 1 lime
1 x 400ml tin coconut milk
45ml (3 tbsp) white rum (optional)

HOW TO DO IT

- 1 Using Breville's Juice Fountain, juice the pineapple to yield 150ml freshly squeezed juice.
- 2 Heat the pineapple juice and sugar in a small pot over medium heat until all of the sugar has dissolved, 3 minutes. Remove from heat and allow to cool.
- 3 Add the lime zest and juice to the pineapple juice, along with the coconut milk and rum, if desired. Allow to cool completely before pouring the mixture into a jug. Pour into popsicle moulds.
- 4 Place in the freezer to partially firm up, about 1 hour. Insert the sticks into the centre of each popsicle and return to the freezer to freeze completely.

Breville kitchen appliances are available from @home stores.
0860 666 674; home.co.za



“The Breville Juice Fountain has over 40 000 filtering pores to ensure smooth and delicious refreshments!”

”

Recipe and styling by SAM LINSSELL

Photographs by WARREN HENLEY



2

CHRISTMAS Countdown



IN A PICKLE ABOUT WHAT TO GET YOUR KITCHEN-CRAZY FAMILY OR ASPIRING CULINARY FRIENDS FOR CHRISTMAS? WHETHER YOU'RE A BEGINNER, A BAKER, COLOUR CRAZY, A PRO OR COVETING THE COUNTRY FEEL, LOOK NO FURTHER THAN OUR JAM-PACKED GIFT GUIDE TO THE VARIETY OF KITCHEN TRENDS ON SHELF

WIN!

One lucky reader can win a hamper of 10 awesome products featured in our festive gift guide

WORTH OVER R7 400!

See the guide for giveaway product details.

HOW TO ENTER

Email your name, postal address, telephone number and ID number to foodhome@caxton.co.za with 'GIFT GUIDE' in the subject line by 31 December 2015.



"Ma Baker"



A Wound Up Cake Lifter (small) **R760** carrolboyes.com

B Artisan Forest Cake Stand **R550** woolworths.co.za

C 5 Piece Cake Mould Set **R195,95** boardmans.co.za

D Plastic Batter Dispenser **R129,99** mrphome.com

E Gingerbread Silicone Baking Sleeve in Duck Egg **R69** home.co.za

F Junior Cake Baking Set **R435** lecreuset.co.za

THE PASTRY LOVER KNOW SOMEONE WHO ONLY EVER VENTURES INTO THE KITCHEN TO WHIP UP DELICIOUS BAKED GOODS? OR, PERHAPS, THE MOM WHO CATERS FOR ALL HER CHILDREN'S BAKE SALES? WE ROUND UP THE TOP 12 BAKING ITEMS FOR THE PERFECT GIFT THIS CHRISTMAS



G Tala 1960s Icing Syringe and Nozzle Set **R325**
ingoodcompany.co.za

H Vanilla Paste (500ml) **R299**
Vanilla Extract (500ml) **R279** nomu.com

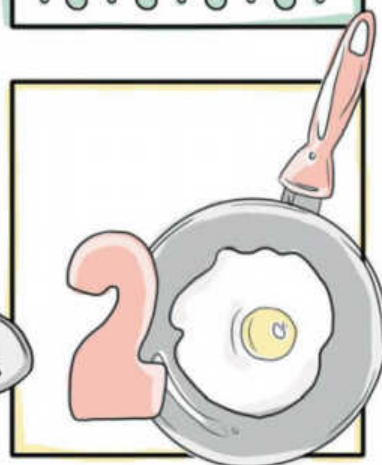
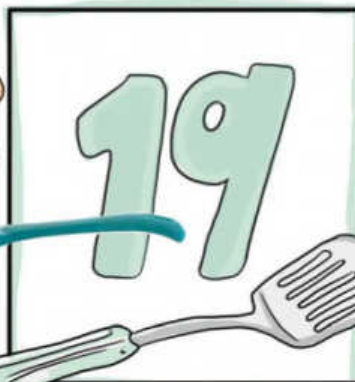
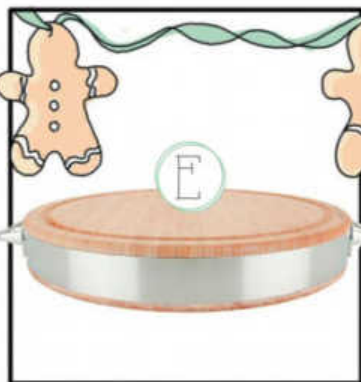
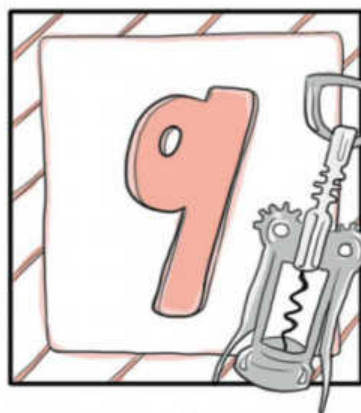
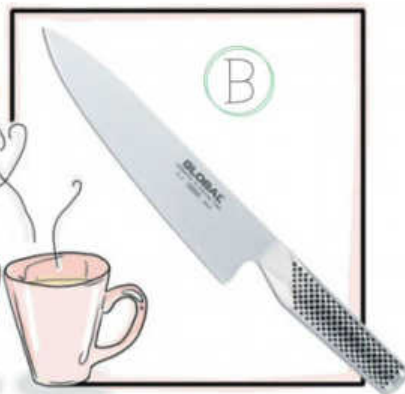
I Cookie Cutter Glasses **R60** ingoodcompany.co.za

J Sweet by James Martin **R543** exclusives.co.za

K Meri Meri Cake Decorations **R135** ingoodcompany.co.za

L Terre Exotique Gingerbread Spice (50g) **R86**
thereallyinterestingfoodcompany.com

"We've only just begun"



A Branch Tea Cup Set **R450** lovenilo.com

B Global Chef's Knife **R779** yuppiechef.com

C *Simply Nigella: Feel Good Food* by Nigella Lawson **R569** exclusives.co.za

D Russell Hobbs Café Barista One Touch Automatic Coffee Maker **R2 799,95** russellhobbs.co.za

E Bamboo Butcher Block **R899** home.co.za

F Eetrite Enamel Coated Cast Iron Frying Pan **R499,95** boardmans.co.za



THE START-UP KITCHEN JUST MOVED INTO A NEW HOME? OR PERHAPS A CHILD IS MOVING OUT AND ON THEIR OWN FOR THE FIRST TIME? SPREAD A LITTLE CHRISTMAS CHEER THIS YEAR AND HELP GET THEM ON THEIR CULINARY WAY WITH THESE MUST-HAVE KITCHEN ITEMS



G Eetrite Turquoise 25,5cm Enamel Coated Cast Iron Round Casserole **R1 299,95** boardmans.co.za

H Granite Pestle & Mortar **R275** woolworths.co.za

I Philips Daily Collection Food Processor in White **R699** takealot.com

J 28cm Stainless Steel Steamer **R129** home.co.za

K Scanpan 28cm Classic Wok with Rack 'n Sticks **R2 050** boardmans.co.za

L Wooden Frame Chalk Board **R129,99** mrphome.co.za



"Country Road"



A Board and Mezzaluna Set **R299** woolworths.co.za

B Oil & Vinegar Set **R150** woolworths.co.za

C Stoneware Blue Bowls **R495 – R1 295 each** shf.co.za

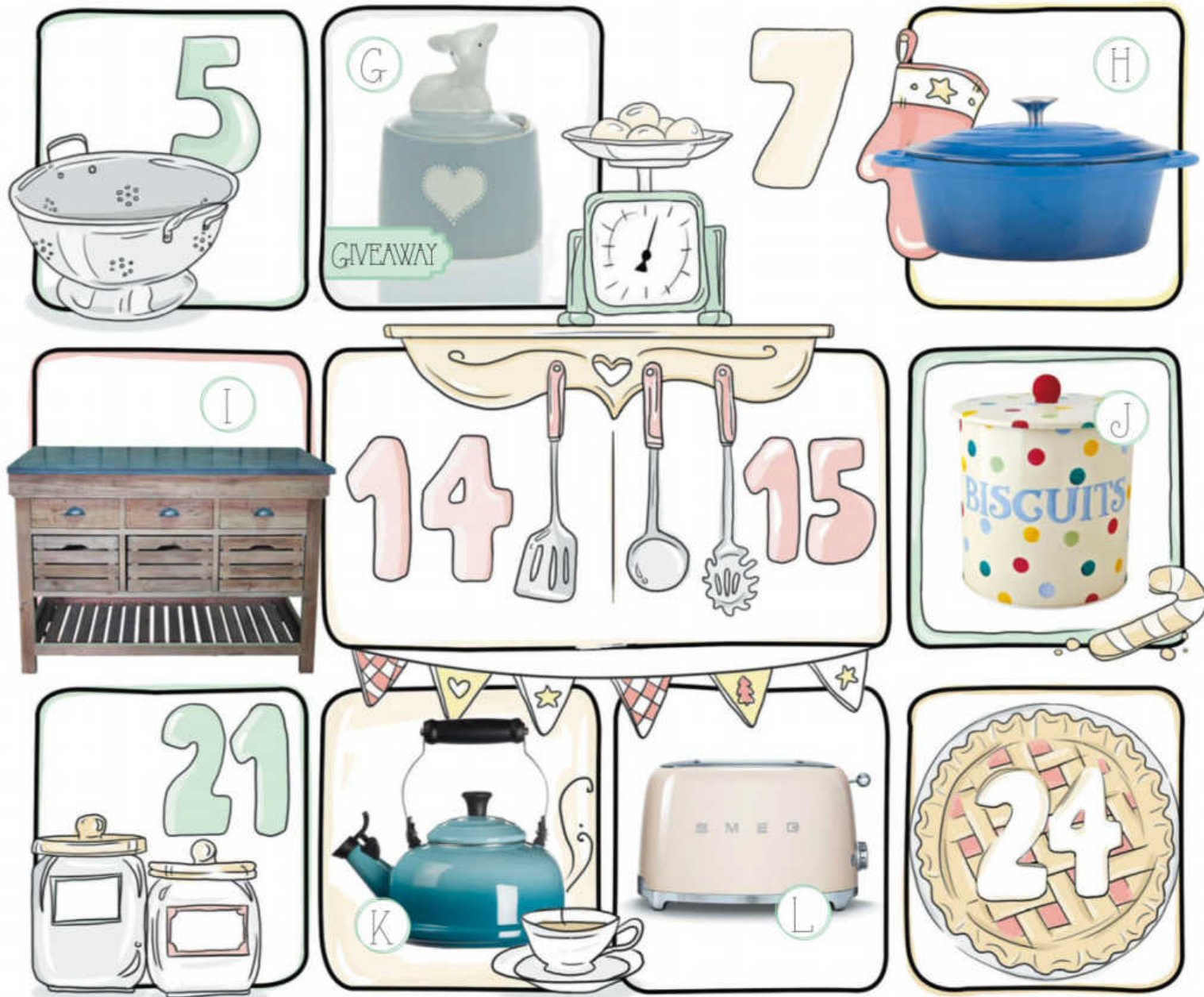
D Butter Dish Round **R88** urchinart.co.za

E Wicker Lamp **R595** lightshed.co.za

F The Magic Knife Block **R750** theblockshop.co.za
(Giveaway includes a personalised engraving valued at R150)



THE HOMELY KITCHEN FOR THOSE WHO LOVE THE TRANQUILLITY OF THE COUNTRYSIDE OR ARE DECKING OUT THEIR NEW HOLIDAY HOME BY THE COAST, THESE OH-SO-PRETTY ITEMS WILL BRING A TOUCH OF THE EASY LIFE TO ANY KITCHEN



G

Bambi Sugar Pot **R198** urchinart.co.za

H

Azul 30c Oval Cast Iron Casserole in Blue **R899** home.co.za

I

Alexander Kitchen Island **R14 995** blockandchisel.co.za

J

Polka Dot Barrel **R245** ingoodcompany.co.za

K

Whistling Teakettle in Carribean Blue **R1 200** lecreuset.co.za

L

SMEG Retro 2 Slice Toaster in White **R1 999** home.co.za



"Somewhere over the rainbow"



A Pylones Gazelle Cocktail Sticks **R179,95**
happygifts.co.za

B Numbers Wall Clock **R1 515** carrollboyes.com

C Pylones Rhino Cheeseknife **R249,95**
happygifts.co.za

D Nostalgia Kitchen Timer **R190** bigblue.co.za

E Nespresso Pixie Clips and Aeroccino in Lemon **R2 750**
dionwired.co.za

F Bodum Bistro Electric Hand Mixer in Bright Green
R1 069 home.co.za



THE QUIRKY COOK FOR THE LOVER OF ALL THINGS UNIQUE AND WHIMSICAL, THESE DELIGHTFUL GOODIES ARE SURE TO ADD MORE THAN JUST A SPLASH OF COLOUR TO THE KITCHEN COUNTER



G Nessie Ladle **R190** bigblue.co.za

H Whirlpool 13LT Red 700W Steamer **R1 559,99** hirschs.co.za

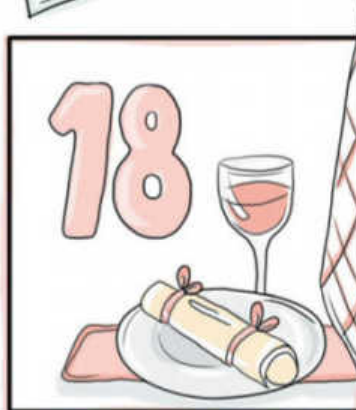
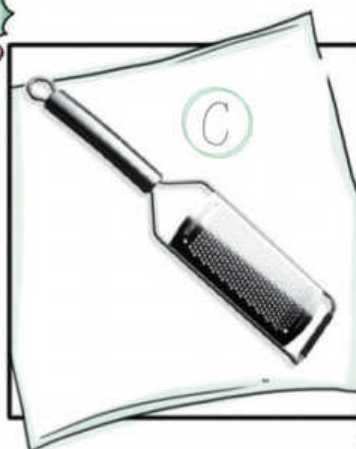
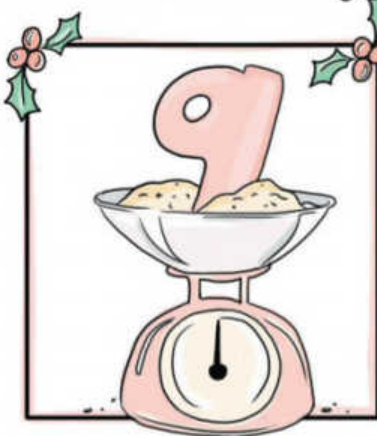
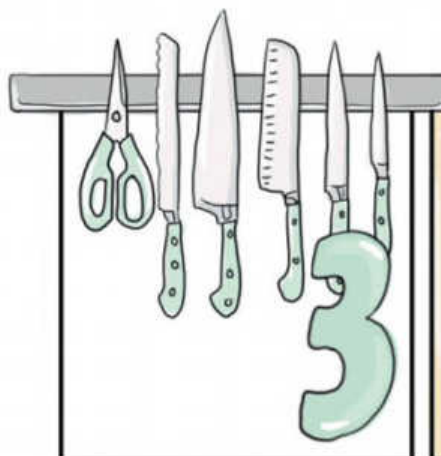
I Joseph Joseph Multicoloured Nest Kitchen Set (set of 9) **R959** yuppiechef.co.za

J Eva Solo Vacuum Jug 1L in Lime **R600,80** bankskitchenboutique.co.za

K Geometric Animal Plate **R480** ashceramics.co.za

L Wine Cooler in Sophie Blue **R352** louharvey.co.za

"We are the champions"



A Basic Italian Cheese Making Kit **R369,99**
craftycultures.co.za

B Himalayan Crystal Salt Slab **R136** universalvision.co.za

C Microplane Professional Fine Spice Grater **R252**
bankskitchenboutique.co.za

D Deep Fryer **R1 599,95** boardmans.co.za

E Round Bamboo Electronic Scale 5kg **R249** home.co.za

F SMEG Retro Blender in Pastel Blue **R2 609,99** hirschso.za



THE PROFESSIONAL FOR THE COOK WHO ALREADY HAS EVERYTHING, WHY NOT UPGRADE THEIR KITCHEN COLLECTION WITH THESE HIGH-FLYING, CHEFFY GADGETS, WHICH ARE SURE TO IMPRESS



G Marble Rolling Pin **R200** home.co.za

H Wüsthof Classic Knife Block Set **R6 800** adamsdiscount.co.za

I Breville 800 Class Mixer **R4 649** home.co.za

J Titanium Plated Black Malta 24 Piece Cutlery Set **R2 999** nicolsonrussell.com

K Rectangular Grilling Pan in Teal **R1 100** lecreuset.co.za

L Weber Q3200 Gasgrill in Maroon **R8 899** weber.co.za

BY THE LIGHT

FRAMED BY THE IRIDESCENT BOW OF THE BITOU RIVER, OPULENT MOUNTAIN VISTAS AND A SKYLINE THAT SEEMS TO NEVER END, EMILY MOON IS EVERY BIT A SLICE OF PARADISE. IN FACT, IT HAS BECOME RENOWNED AS ONE OF SOUTH AFRICA'S MOST ROMANTIC RESTAURANTS. BUT, THAT'S A TITLE THAT BROUGHT WITH IT A FIVE-MONTH WAITING LIST AND A NEED TO OFFER PATRONS AN ALTERNATIVE...

By KATE LIQUORISH Recipes by ALEX OLIVIER
Photographs by GRACE HARRISON

of the moon



Simon Valentine

Simon's Bar, set just above Emily Moon, boasts the same spectacular views and gorgeously eclectic decor synonymous with Amatuli Artefacts, but offers a different ambience. It's relaxed and quirky – a menagerie of speed-boat engines, gorgeous Indian- and African woodwork, bespoke, framed butterflies and a picture of a man looking every bit the legend under a sign bearing his name, the name of the bar.

Simon's Bar is named after Mark Valentine's father, Simon Valentine, as an ode to the man who helped his son's dreams come true; for it was Simon who brought Mark's design conceptions to life in building Emily Moon and who has helped to run it for the last 10 years.

Simon is quite the character – I've been sitting next to him for 10 minutes and I've already laughed out loud five times. Opposite him sits the Valentines' right-



hand man and manager of all that is Emily Moon, Alex Olivier – quieter and more reserved, but every bit the gentleman.

I ask them to tell me the story of Emily Moon and how they came to create Simon's Bar. They look at each other and Simon asks me, "How long have you got?" I can't help but smile. "I had a company in Joburg and Mark suggested I retire to Plett and help him create this. Let's just say I had an eight-hour day in Joburg and came down here to work a 16-hour day... That's one hell of a retirement!" Simon exclaims.

Alex continues, "It all began when Mark asked his father to take a look at a plot of land that was up for sale in Plett. On going to see it, he called Mark and simply said, 'It's the best-kept secret in Plett and you cannot let this opportunity pass you by.' Thus, began Emily Moon."

"We bought a plot of land with two rooms, a little thatched-roof house and, next to the thatched-roof house, was a little bar area and a viewing platform," explains Simon.

They built the hotel and then set about creating a restaurant, primarily as a space where their guests could

dine. But, Plett's best-kept secret rapidly became big-time news. Soon, their only problem was dealing with the frustrations of people who desperately wanted to come and experience Emily Moon, but couldn't get a booking. Simon explains, "We had this extra space and we didn't know what to do with it, so we decided to build a bar – to create a space for people to just come and have a drink without needing to book."

Alex goes on to tell me how they wanted to offer these casual passers-by a form of casual dining. "Mark, Christine (Mark's wife and partner) and Elize van der Merwe (their partner in Johannesburg) set about finding a solution and they came up with a pizza-bar concept, so our clients could have a bite to eat while they enjoyed their cocktails."

I ask them about the decor and Simon answers proudly, "It was an Amatuli team effort. I'm just the person who puts their ideas into being... and then Mark comes and puts boat motors all over the walls." We laugh and I enquire about the boat engines. "Mark became bored of the drive to and

from the kids' school in Grahamstown, so he got off the main route to PE and journeyed down the old road round the coast. He went to every single person in boating, asked what they had lying in their scrap yards and picked up all of these old boat engines... apparently there are three more on their way!"

As we continue to talk, the pizzas and cocktails begin to arrive. You don't have to taste them to see how delicately thin and crisp the bases are. I immediately ask Alex how they perfected their recipe. "I was privileged enough to work with some of the best pizza makers in the world, thanks to my previous job, so I knew to start by using the right flour. Then we needed to develop the tomato base, for which we use raw tomatoes rather than cooked – they're more acidic and break through the richness of the cheese better."

Alex trained at Silwood Kitchen and then worked professionally as a chef for a number of years, before moving into a general-management position at Doppio Zero. "I visited Emily Moon and Simon and Mark sat me down at this beautiful table surrounded by fairy-lit



Honey-thyme butternut and creamed-spinach pizza

trees, candles and the view over the river and asked me how much I wanted..." He and Simon roar with laughter. "It was impossible to resist."

I take a bite of the Indian ratatouille pizza with home-made paneer and aubergine crisps. It's so subtle and wonderfully vibrant. I ask Alex about the unusual toppings. "Emily Moon is an exceptional place, so our pizzas needed to be unique and special. We looked at different styles of pizza that best reflect who we are... there are so many pizza places in Plett that we needed to make Simon's Bar remarkable." Then he smiles and adds, "You'll never find a Hawaiian or a margarita on our menu." I take a sip of my raspberry and rose spritzer and it bursts with flavour. It's so beautifully refreshing and perfectly paired with the subtle spice of the pizza. The cocktails here completely mirror the environment – they're exotic and refreshing with a touch of romance to their look and taste. Alex smiles and affirms my admiration: "We wanted our cocktails to be distinctive and beautiful, so we use only the best ingredients."

As I immerse myself in the other pizzas and cocktails, trying to decide which is my favourite, Simon excuses himself as he needs to attend to some long-standing guests who've popped in for a surprise visit. He hugs me goodbye before greeting them like old friends.

The light is beginning to change and Alex suggests a walk to experience the sunset as the candles and lights come to

life. It's absolutely breathtaking; unlike any view in Plett. We stop to take it all in and Alex shares their secret: "Walking here is like discovering a hidden treasure – at every turn there's a candlelit corner and a slice of the view. Even if there was only one table in the whole restaurant, you'd still feel warm and welcome, because the fires are always burning, the candles are always lit and the panorama is always spectacular..." That's their true gift: creating the perfect ambience.

Simon's Bar at Emily Moon, Rietvlei Road, Plettenberg Bay; 044-501-2500; emilymoon.co.za

Pizza dough

Makes two 30cm bases **EASY** 4 hrs

THE FLAVOUR COMBINATIONS

400g '00' flour + extra, to dust
3g salt
2g fresh wet yeast
2,5ml (½ tsp) extra virgin olive oil
50ml warm water

HOW TO DO IT

- 1 Sift the flour and salt onto a clean work surface and make a well in the centre.
- 2 In a jug, mix together the yeast, olive oil and water and leave for a few minutes. Pour into the well in the flour and bring the flour in gradually from the sides, swirling it into the liquid. Keep mixing and, when it all starts to come together, work the remaining flour in with your clean, flour-



dusted hands. Knead until you have a smooth, springy dough.

- 3 Place the ball of dough in a large flour-dusted bowl and flour the top of it. Cover with a damp cloth and place in a warm room until the dough has doubled in size, about 30 minutes. Divide the dough in half (this should be two 180g balls) and refrigerate to rest, 3 hours.

- 4 Transfer the dough to a dusted surface and knead it around a bit to push the air out with your hands – this is called knocking back the dough. Then, using a rolling pin, roll out the dough to 0,2cm thickness and cut into 30cm rounds using a pizza cutter. Your bases are ready.

Tomato pizza-base sauce

Serves about 2 **EASY** 10 mins

THE FLAVOUR COMBINATIONS

200g fresh tomatoes
small handful fresh basil leaves
salt, to taste
200g pomodoro tomatoes, drained and peeled
30ml (2 tbsp) extra virgin olive oil

HOW TO DO IT

- 1 Blanch the fresh tomatoes in boiling water, 2 minutes. Drain and peel.
- 2 Place the tomatoes, basil, salt and pomodoro tomatoes in a food processor and blend roughly. Slowly add the olive oil, while the motor is running, until fully incorporated.
- 3 Divide the sauce into 60ml (¼ cup) portions for the pizza bases.



Indian ratatouille pizza (recipe on page 112)



Alex Olivier



Honey-thyme butternut and creamed-spinach pizza

PAIR WITH... *Kuhestan lemongrass
and ginger spritzer*
Makes 1 pizza **EASY** 1 hr

THE FLAVOUR COMBINATIONS HONEY-THYME BUTTERNUT

**100g butternut, peeled and cut
into thumb-sized pieces**
5ml (1 tsp) fresh thyme, chopped
15ml (1 tbsp) honey
pinch salt, to taste

CREAMED-SPINACH SAUCE

**1 small onion, peeled and
diced**
oil, to fry
50ml fresh cream
2,5ml (½ tsp) ground nutmeg
**100g spinach, washed and
stalks removed**

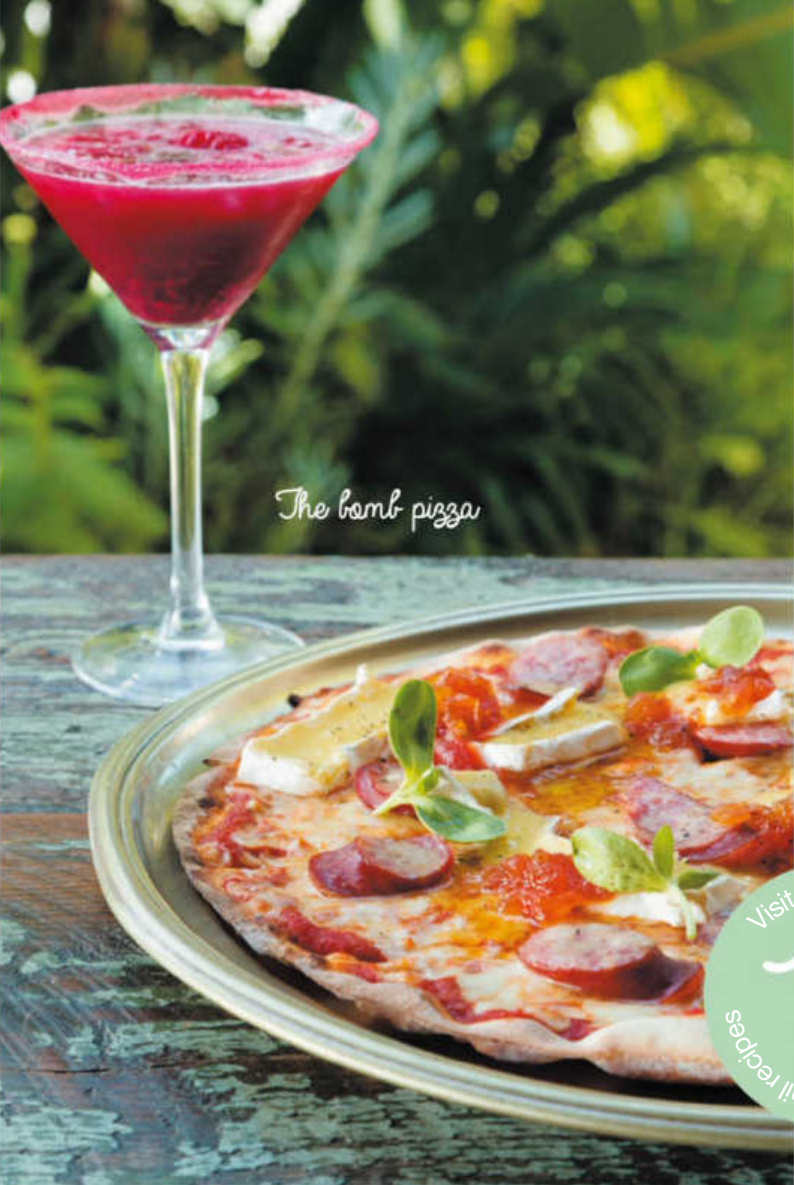
**180g pizza dough (see recipe on
page 110)**
150g mozzarella, grated
1 egg

HOW TO DO IT

- 1 For the butternut, preheat the oven to 180°C. place the butternut pieces in a small oven dish. Top with the thyme, honey and salt and cook in the preheated oven until soft and slightly golden, 35 – 40 minutes.
- 2 For the creamed-spinach sauce, fry off the onion in a little oil in a saucepan over medium heat until soft but translucent, about 4 minutes. Add the cream, bring to a boil then remove from heat and add the nutmeg.
- 3 Blanch the spinach for 1 minute in salted, boiling water. Drain, blend until smooth then add to the cream mixture and mix to combine.

4 Prepare your pizza oven – it should be really hot, from 350°C – 400°C. The oven must be white inside. If you do not have a pizza oven, preheat the oven to 220°C.

5 Roll out and size the dough. Add a ladle of the creamed spinach sauce and spread onto the pizza base, leaving about 1,5cm around the edge. Scatter the butternut and mozzarella evenly over



The bomb pizza



Mozambique prawn pizza

the pizza. Bake in the pizza oven, about 3 minutes, or normal oven for 15 minutes until the base starts to crisp. Remove from oven and crack the egg in the middle of the pizza. Return to the oven for 1 minute, or until the egg is cooked to your liking.

Indian ratatouille pizza

PAIR WITH... Kuhestan raspberry & rose cocktail

Makes 1 pizza **EASY** 45 mins + 3 hrs, to drain

THE FLAVOUR COMBINATIONS PANEER

250ml (1 cup) milk
10ml (2 tsp) lemon juice
5ml (1 tsp) salt

3 baby aubergines
2 baby marrows
2 red peppers
3 tomatoes, blanched and peeled
1 onions, peeled
3 garlic cloves, peeled
large handful fresh basil
oil, to fry and deep-fry
salt and freshly ground black pepper, to taste
5ml (1 tsp) coriander seeds
5ml (1 tsp) cumin seeds
5ml (1 tsp) garam masala
5ml (1 tsp) ground ginger
5ml (1 tsp) ground turmeric





180g pizza dough (see recipe on page 110)
150g mozzarella, grated

micro leaves, to garnish

HOW TO DO IT

1 For the paneer, place the milk in a saucepan and scald until the milk reaches about 80°C. Add the lemon juice and salt and stir for 2 minutes. Remove from heat and allow to rest, 2 minutes. Pour the mixture into a strainer lined with muslin cloth and refrigerate to drain, 3 hours.

2 Prepare your pizza oven – it should be really hot, from 350°C – 400°C. The oven

must be white inside. If you do not have a pizza oven, preheat the oven to 220°C.

3 For the ratatouille base, roughly chop up 1 baby aubergine, 1 baby marrow, 1 pepper, 2 tomatoes, ½ the onion, 2 garlic cloves and the basil. Place in a pot and cook over medium heat with a little oil until soft, 5 – 8 minutes. Place in a food processor and blend until smooth. Season to taste.

4 For the Indian ratatouille topping, chop 1 baby aubergine, 1 baby marrow, 1 pepper, 1 tomato and ½ the onion into 2cm blocks. Place the ingredients, along with the remaining garlic clove, in a pan and sauté in a little oil over medium heat with the coriander seeds, cumin seeds, garam masala, ginger and turmeric until soft and the spices are cooked, about 3 minutes.

5 For the aubergine chips, slice the remaining aubergine on a mandoline as thinly as you can. Heat the oil in a deep-fryer or deep pot to 140°C and fry the aubergine slices until crispy and golden in colour. Remove with a slotted spoon and drain on paper towel.

6 For the pizza, roll out and size the dough. Ladle and spread the ratatouille base onto the pizza, leaving about 1,5cm around the edge. Sprinkle over the mozzarella cheese covering the ratatouille base sauce. Spread the

Indian ratatouille topping over the top and bake in the pizza oven, about 3 minutes, or normal oven for 15 minutes until the base starts to crisp. Once done, crumble over the paneer and top with aubergine chips. Garnish with micro leaves.

Mozambican prawn pizza

PAIR WITH... *Pineapple mint caipirinha*
 Makes 1 pizza **EASY** 45 mins

THE FLAVOUR COMBINATIONS

PREGO SAUCE

30ml (2 tbsp) sunflower oil
50g onion, peeled and diced
2 garlic cloves, peeled and diced
20g red peppers, roasted in a 200°C oven for 10 minutes and diced
250ml (1 cup) red wine
20ml (4 tsp) white wine vinegar
100g whole peeled tomatoes
5ml (1 tsp) chilli flakes
15ml (1 tbsp) treacle sugar
salt and freshly ground black pepper, to taste

100g prawns, cleaned
50g butter
5ml (1 tsp) chilli flakes
5ml (1 tsp) lemon juice
4 garlic heads, roasted in a 200°C oven until dark brown, 15 minutes
180g pizza dough (see recipe on page 110)
60ml (¼ cup) tomato pizza-base sauce (see recipe on page 110)
150g mozzarella, grated
25g spring onions, chopped
50g prego sauce

HOW TO DO IT

1 Prepare your pizza oven – it should be really hot, from 350°C – 400°C. The oven must be white inside. If you do not have a pizza oven, preheat the oven to 220°C.

2 For the prego sauce, heat the sunflower oil in a frying pan over low heat, add the onions and diced garlic and sauté until golden. Add the red peppers, red wine and vinegar and stir to combine. Add the tomatoes and 5ml (1 tsp) chilli flakes and simmer over low heat, 5 minutes. Add the sugar

and season to taste. Blend everything together in a food processor.

3 Sauté the prawns in a frying pan over medium heat with the butter, 5ml (1 tsp) chilli flakes and lemon juice until just under-cooked, about 5 minutes. Remove from heat and deshell the prawns (keep 1 prawn whole, to garnish). Season to taste.
4 Peel the roasted garlic. Roll out and size the dough. Ladle and spread the tomato pizza-base sauce onto the pizza, leaving about 1,5cm around the edge. Scatter the mozzarella cheese over the pizza, covering the tomato base. Spread the prawns, roasted garlic and spring onions evenly around the pizza and bake in the pizza oven, about 3 minutes, or normal oven for 15 minutes until the base starts to crisp. Once done, drizzle the prego sauce over the pizza and top with a prawn to serve.

The bomb pizza

PAIR WITH... *Very berry frozen margarita*
 Makes 1 pizza **EASY** 10 mins

THE FLAVOUR COMBINATIONS

180g pizza dough (see recipe on page 110)
60ml (¼ cup) tomato pizza-base sauce (see recipe on page 110)
30g prego sauce (see recipe alongside)
150g mozzarella, grated
100g cheese grillers, sliced
40g Camembert, thinly sliced
50g tomato-chilli jam

micro leaves, to garnish

HOW TO DO IT

1 Prepare your pizza oven – it should be really hot, from 350°C – 400°C. The oven must be white inside. If you do not have a pizza oven, preheat the oven to 220°C.

2 Roll out and size the dough.

3 In a bowl, mix the tomato pizza-base sauce with the prego sauce. Ladle and spread the new mixture onto the pizza, leaving about 1,5cm around the edge. Scatter over the mozzarella cheese. Spread over the cheese grillers and bake

PIZZA AND COCKTAILS

in the pizza oven, about 3 minutes, or normal oven for 15 minutes until the base starts to crisp. Once done, cut the pizza and spread the Camembert on the top with a small dollop of chilli jam on each cheese slice. Garnish with micro leaves.

Puttanesca pizza

PAIR WITH... Absolut cranberry

Makes 1 pizza **EASY** 5 mins

THE FLAVOUR COMBINATIONS

180g pizza dough (see recipe on page 110)

60ml (¼ cup) tomato pizza-base sauce (see recipe on page 110)

150g mozzarella, grated

50g white anchovies, halved

50g pitted mixed olives, chopped
20g capers

olive oil, to drizzle

5 garlic cloves, roasted in a 180°C oven for 30 minutes and peeled, to garnish

fresh rocket, to garnish

HOW TO DO IT

1 Prepare your pizza oven – it should be really hot, from 350°C – 400°C. The oven must be white inside. If you do not have a pizza oven, preheat the oven to 220°C.

2 Roll out and size the dough. Ladle and spread the tomato pizza-base sauce onto the pizza, leaving about 1.5cm around the edge. Scatter over the mozzarella. Spread the anchovie fillets over evenly. Next, scatter over the olives, capers. Bake in the pizza oven, about 3 minutes, or normal oven for 15 minutes until the base starts to crisp. Once done, serve drizzled with olive oil. Garnish with roasted garlic and rocket.



Maureen Nozulu



Cheers!

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FESTIVE SHOW-STOPPERS



WOW YOUR GUESTS ON CHRISTMAS DAY WITH THESE TRULY ENCHANTING MASTERPIECES. NOT ONLY ARE THEY GORGEOUS TO LOOK AT, BUT THE DIVINE BLEND OF FESTIVE-INSPIRED FLAVOURS WILL HAVE YOU DEVOURING EVERY LAST CRUMB!

Recipes, styling and photographs by KATELYN WILLIAMS

bowl and stir in the spice and cocoa powder. Spoon 30ml (2 tbsp) of the plain batter into one side of the cake tin. Immediately pour 30ml (2 tbsp) of the chocolate mixture on top. Continue until the batters are finished – don't worry if it looks a bit messy! Bake in the oven until a skewer inserted into the centre of the cake comes out clean, 30 – 40 minutes. Allow to cool slightly before unmoulding onto a wire cooling rack.

3 For the glaze, combine all of the ingredients, except the Amarula, in a small pot. Heat gently until the chocolate has melted. Allow to cool to room temperature before stirring in the Amarula. Pour the glaze over the cake to serve.

gold-wrapped chocolate balls/ sweets of your choice, to fill angel and glass dome, to decorate

HOW TO DO IT

1 Preheat the oven to 180°C. For the cake, place the egg whites and cream of tartar in an electric mixer and whisk to soft peaks. Gradually add half of the castor sugar and all of the vanilla and whisk until glossy and thick.

2 In another bowl, sift together the flour, spices and remaining sugar twice, then gently fold through the egg-white mixture. Spoon into a large angel-food/chiffon cake tin and smooth the top with a palette knife. Bake until the cake comes away from the sides and a skewer inserted in the centre of the cake comes out clean, 30 minutes. 3 Remove from oven, turn the cake tin upside down onto a wire rack and allow to cool, 1 hour. Remove the cake from the tin, using a sharp knife if necessary, and set aside.

4 While the cake is cooling, make the icing by whipping the butter, icing sugar and brandy together until light and fluffy.

5 To assemble the cake, place it on a cake stand then fill the middle with the chocolate balls or sweets. Ice the top with the brandy-butter icing then dust liberally with icing sugar. Place an angel decoration in the centre and cover with a glass dome to serve. Dust again with icing sugar to create a snow-like effect.

Angel snow-globe cake with brandy-butter icing

Serves 8 – 10 **A LITTLE EFFORT** 1 hr

THE FLAVOUR COMBINATIONS ANGEL-FOOD CAKE

12 egg whites, at room temperature
5ml (1 tsp) cream of tartar
275g castor sugar
5ml (1 tsp) vanilla extract
150g cake flour
1,25ml (¼ tsp) cinnamon
1,25ml (¼ tsp) ground ginger
1,25ml (¼ tsp) mixed spice

BRANDY-BUTTER ICING

170g butter, softened
255g icing sugar, sifted + extra, to dust
60ml (¼ cup) brandy

Spiced chocolate and vanilla zebra bundt with Amarula ganache

Serves 8 – 10 **EASY** 1 hr

THE FLAVOUR COMBINATIONS

5 large eggs
250g castor sugar
125ml (½ cup) milk
250ml (1 cup) sunflower/vegetable oil
5ml (1 tsp) vanilla essence
375g self-raising flour
5ml (1 tsp) mixed spice
30g cocoa powder

AMARULA GLAZE

55g dark/milk chocolate
30ml (2 tbsp) fresh cream
30ml (2 tbsp) golden syrup/honey
5ml (1 tsp) vanilla extract
30ml (2 tbsp) Amarula

HOW TO DO IT

1 Preheat the oven to 160°C. Grease a 23cm bundt tin.

2 Mix together the eggs, sugar, milk, oil, vanilla essence and flour until smooth. Pour half of the mixture into another

Angel snow-globe cake with brandy-butter icing



COOK'S TIP

Many florists and decor shops stock glass domes but, if you can't find one, simply use an upturned round tumbler or glass cloche to create the same effect.



Rosé Champagne chiffon cake

COOK'S TIP

For the gold brush strokes, mix a bit of gold and copper edible dust with 5ml (1 tsp) vodka to form a paste. Brush the paste onto the sides of the cake.



“Like snowflakes,
my Christmas memories
gather and dance – each
beautiful, unique
and too soon gone.

DEBORAH WHIPP

”



Wholewheat cherry poppy-seed cake



COOK'S TIP

If you don't have a blowtorch, preheat your oven to the highest possible setting then place the cake inside until the meringue turns golden brown.



Coconut lemon-meringue ice-cream cake

Rosé Champagne chiffon cake

Serves 10 – 12 **CHALLENGING** 2 hrs + setting time

THE FLAVOUR COMBINATIONS

12 eggs, separated
300g castor sugar
10ml (2 tsp) vanilla extract
180g cake flour, sifted

FRENCH BUTTERCREAM

100g sugar
400ml rosé Champagne/MCC/sparkling wine
500g unsalted butter, softened
6 eggs
few drops pink food colouring

peach jam, to spread
gold-dusted roses, to garnish
christmas decorations, to serve

HOW TO DO IT

- 1 Preheat the oven to 180°C. Grease and line two large 30cm x 20cm baking tins with baking paper.
- 2 In a large, clean bowl, whisk the 12 egg whites until thick and stiff. Slowly whisk in 110g of the castor sugar.
- 3 In another bowl, whisk the 12 egg yolks and the remaining sugar until the mixture is very thick and pale, about 10 minutes. Fold in the vanilla and flour.
- 4 Lightly whisk one third of the whipped egg whites into the egg-yolk mixture to lighten it, then fold the remaining egg whites in, taking care to knock as little air out as possible. Pour the cake batter into the lined baking pans and bake in the preheated oven until springy to the touch, 20 minutes. Allow to cool completely.
- 5 For the buttercream, place the 100g sugar and Champagne/MCC/sparkling wine in a saucepan and simmer gently until reduced by half to form a syrup. Remove from heat and set aside to cool completely.
- 6 Cream the butter until very light and fluffy and set aside.
- 7 Whisk the 6 eggs and syrup together over a pot of gently simmering water with an electric hand mixer until tripled in size and hot to the touch (it should read 60°C on a sugar thermometer). Remove from heat and continue to beat until the mixture reaches room temperature.

Gradually beat the egg mixture into the whipped butter, adding a few drops of pink food colouring. Continue beating until a light, smooth buttercream forms, 10 minutes.

8 Cut the sheets of cake in half lengthways so you have four long strips. Spread with a thin layer of peach jam, then spread the buttercream on the cake. Place the strips lengthways, end to end, and roll up to form a short, fat Swiss roll. Place the Swiss roll on one of its flat ends to form the cake (trim it if necessary). Allow to set in the fridge until firm, then frost the sides with buttercream to serve. Garnish with gold-dusted roses and Christmas decorations.

Vegan wholewheat cherry poppy-seed cake

Serves 8 – 10 **A LITTLE EFFORT** 1 hr

THE FLAVOUR COMBINATIONS

500g self-raising flour
300g castor sugar
5ml (1 tsp) baking powder
5ml (1 tsp) bicarbonate of soda
60g digestive bran
440ml almond/rice/soya milk
240ml vegetable/sunflower oil
zest and juice of 2 lemons
10ml (2 tsp) ground cinnamon
60ml (¼ cup) poppy seeds
10ml (2 tsp) vanilla extract
250g fresh cherries, pitted, quartered and dusted with flour

ICING

250g dairy-free margarine (Cardin or Olé brands)
125g icing sugar, sifted
5ml (1 tsp) vanilla essence
zest and juice of 1 lemon

flowers of your choice, to decorate

HOW TO DO IT

- 1 Preheat the oven to 180°C. Grease and line four 20cm-round cake tins.
- 2 Sift the flour, castor sugar, baking powder and bicarbonate of soda together. Add the digestive bran, milk, oil, lemon zest and juice, cinnamon, poppy seeds and vanilla extract and mix well to combine. Fold through the dusted cherries.
- 3 Spoon the batter into the prepared cake tins and bake until a skewer

inserted into the centre of the cake comes out clean, 30 – 35 minutes. Remove from oven and allow to cool in the tin before unmoulding.

4 For the icing, cream the margarine, icing sugar, vanilla essence and lemon zest and juice until light and fluffy.

5 Spread one quarter of the icing onto the first cake layer. Alternate the icing and cake layers, ending in a layer of icing. Smooth the sides using a palette knife to give it a rustic appearance. Decorate with flowers to serve.

Coconut lemon-meringue ice-cream cake

Serves 6 – 8 **EASY** 30 mins + freezing time

THE FLAVOUR COMBINATIONS

1 x 385g tin condensed milk
50g coconut oil, melted
45ml (3 tbsp) coconut liqueur
500ml (2 cups) fresh cream, whipped to stiff peaks
zest of 1 lemon
60ml (¼ cup) store-bought lemon curd
100g coconut biscuits, crushed
2 egg whites
110g castor sugar

mini sparklers, to decorate

HOW TO DO IT

- 1 Line a 1L round glass or metal mixing bowl with cling film.
- 2 Whisk together the condensed milk, coconut oil and coconut liqueur. Fold the whipped cream into the condensed-milk mixture along with the lemon zest and lemon curd, leaving a few streaks for a marbled effect.
- 3 Pour into the lined mixing bowl, top with the biscuits and freeze until firm.
- 4 To unmould the ice-cream cake, dip the bowl briefly in cold water then invert onto a chilled serving plate.
- 5 Make the meringue by whipping the egg whites to soft-peak stage. Gradually add the castor sugar, a little at a time, continuing to whip until the meringue is thick and glossy. Spread the meringue over the outside of the ice-cream cake and return to the freezer until just before serving.
- 6 Using a blowtorch, toast the outside until golden brown and serve immediately. Add sparklers for some festive fun!



PROMOTION

It bakes sense

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Whether you're baking delicious goodies for yourself, your family or to wow guests, we know you put all your love and energy into the baking process. But, mixing cake batter, binding dough, whipping cream and beating ingredients together is – excuse the pun – not a piece of cake!

Getting the perfect consistency for those difficult masterpieces, like a fluffy soufflé or flawless chocolate mousse, can be exhausting. Consider the Kenwood Chef Sense not only as a helping hand in the kitchen, but as a multitasking unit that can elevate your baking expertise to another level as well as take the effort out of baking. It comes with three dedicated bowl tools to help you mix cakes and pastries, as well as knead bread and rolls for a savoury treat. With its sleek, easy-to-use design, it's a stunning addition to your kitchen. Boasting over 20 additional attachments, the Kenwood Chef Sense will allow you to grind meat to make juicy home-made burgers or to even make fresh handmade pasta, using the roll-out and cutter attachment. The Kenwood Chef Sense places so many possibilities at your fingertips, you'll have no excuse not to get your hands dirty, so to speak.



Trivia

HOW WELL DO YOU KNOW YOUR FOOD?

Compiled by TARYN DAS NEVES

- 1 Pelmeni (meat-filled dumplings) were invented in which part of the world?
- 2 Rokpol is a blue cheese from which European country?
- 3 A luau is a traditional feast in which culture?
- 4 Which spicy, pickled condiment is a Korean staple?
- 5 What makes Cajun dirty rice so 'dirty'?
- 6 Soy bean curd is also known by what name?
- 7 *Prunus persica* is the name of the plant that produces which fruit?
- 8 What is the more common name for the fruit known as carambola?
- 9 What culinary term literally means 'half cold'?
- 10 What makes a kosher pickle kosher?
- 11 What colour is midori melon liqueur?
- 12 In which country is rotten shark known as hákarl?
- 13 In Shanghai, you might buy a 'lion's head'. What is this?
- 14 Developed in New Mexico, a sopapilla is a fritter soaked in what?
- 15 Butter tea is a speciality in which country?

FOR ANSWERS, GO TO PAGE 126.



Clue to question 7

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DECEMBER 2015: GIFT-WRAPPED GOURMET GOODNESS



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ALTITUDE BAKING

All baking recipes in this magazine have been tested at high altitude. Follow this guide for baking at sea level:

Lower the oven temperature by 10°C

For every 5ml (1 tsp) baking powder, increase by 1 – 2ml

For every 220g (1 cup) granulated sugar, increase by 15 – 30ml

For every 250ml (1 cup) liquid, decrease by 30 – 45ml

For every 120g (1 cup) flour, decrease by 15ml (1 tbsp)

TRIVIA ANSWERS FROM PAGE 124

1 Siberia 2 Poland 3 Hawaiian 4 Kimchi 5 Chopped-up meat 6 Tofu 7 Peach 8 Starfruit 9 Semifreddo 10 Extra garlic in the brine 11 Bright green 12 Iceland 13 Large pork meatballs served with stewed vegetables 14 Honey 15 Tibet

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DAILY BREAD AND JAM

HELPING AFRICA HELP ITSELF

JACKIE MYNHARDT SHARES THE STORY BEHIND HER PARENTS' CREATION OF JOINT AID MANAGEMENT (JAM) AND HOW ONE INDIVIDUAL CAN HELP FEED A LOCAL CHILD THIS FESTIVE SEASON

JAM was established in 1984 by my dad and mom, Peter and Ann Pretorius. My dad was a tobacco farmer in Nelspruit, and a series of events led him into Mozambique, which, at the time, was still at Civil War. He had arranged with the government to allow him into a local village to see what the situation was like. They promised that the plane would drop him off, refuel and collect him the same afternoon. But, it didn't come back for 10 days. He was stranded in this rural village with only the clothes on his back – no food or water or shelter. And, there wasn't even food for the villagers; they were already burying around 30 people a day from starvation. And that included children.

It was the children who really broke him – he felt it was such a huge injustice they were suffering.

Day after day, he would find orphans wandering around after losing their parents to malnourishment. He couldn't handle that there was no one to look after them, to make sure they had food and water. When he finally returned

home, he said to my mom that our lives needed to change. And that's how JAM was born. My parents would load up a truck of whatever food they could get their hands on and drive it across the border themselves to try and help out where they could. It's just grown from there.

I grew up with JAM. It was established when I was four years old. As the company secretary and assistant to my dad, I'm responsible for taking care of all legal requirements with regards to the business. I also look after the board of directors here and across our affiliate offices. As a global organisation, we have affiliate offices overseas, which help fundraise for our various projects and initiatives. We currently operate in South Africa, Rwanda, Mozambique, South Sudan and Angola. In these countries, we mainly focus on agricultural schemes and schoolchildren feeding campaigns.

Last year saw JAM's 30th birthday and, now, we feed 1,1 million children every school day of the year across the continent. We also do blanket distributions and agricultural programmes. We often find girls don't go to school because they are required to look after younger siblings or work in the fields. The school-feeding initiatives are an incentive to get female children into schools because many of the families who can't actually feed their children know that, by going to school,

they can at least get a meal every day. We provide a corn, soya and sugar blend porridge, CSS+, which is served in our signature red bowls, and the meal will give children roughly 75 per cent of their daily nutrients. We want the children to not only get the nourishment they need, but to learn and develop as well – there can't be development without education and you can't develop your education if you are starving and can't concentrate.

In SA, we feed just over 72 800 children a year, many of whom are under six years old. We do this through local Early Childhood Development centres (ECDs). We also offer a makeover programme as we passionately believe that these young children need a positive environment in which to learn and grow, and the scheme allows individuals, groups or companies to help us refurbish and transform local ECDs. Last year, we completed 18 makeovers, which impacted on the lives of 932 children.

It costs R30 to feed a child for a month and, so, is very affordable for the individual. The best way to get involved with JAM is by visiting our website, where you can sign up immediately to different donation options or get involved in local makeover projects. It's not a lot to give R30 towards making a real difference to a child for a month.

jam-southafrica.org



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